JUNE 2024 | EDITION 151

FREE

Tomorrow

A COMMUNITY MAGAZINE FOR THE ALGARVE



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EDITORIAL

Sophie Sadler
sophie@tomorrowalgarve.com
+351 912 176 588

SALES

Tom Henshaw
tom@tomorrowalgarve.com
+351 919 918 733

DESIGN

Phil Harding
phil@tomorrowalgarve.com
+351 916 606 226

FOLLOW

TomorrowAlgarve
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ON THE COVER:
Iolanda at Eurovision
© Sarah Louise Bennett/EBU

Dear Readers of *Tomorrow* magazine

Welcome to the June edition. Are you, like me, battling with hay fever this season? My anecdotal research suggests that many of us are. With June ushering in endless days of clear skies, I've noticed a new trend. Instead of the usual weather small talk, people are now sharing their pollen count as a conversation starter. It's a shared experience that (like the weather) creates an unlikely bond, as we suggest hay fever remedies and probable causes. Mine is honey, made by local bees!

I, therefore, decided to read up on the Algarve's pollen count so I could have one over on my fellow sufferers and dazzle them with my knowledge. Hay fever is the term given to the allergic reaction that many people have to pollen, which are small particles found on plants. When pollen comes into contact with the cells lining the eyes, mouth, nose and throat it can trigger an allergic reaction. In May in the Algarve, we see a lot of activity with the long grasses being cut to either make hay or prevent a fire risk for the hot months. Pollen from grasses, also known as hay, is by far the main cause of respiratory allergies.

And it's not over yet. The most troublesome months for hay fever sufferers in Portugal are May to July. This is because the temperature and humidity most conducive to pollination occur during the spring and early summer months. The main inducers of allergy symptoms are not, as one would think, colourful flowers but rather are some species of trees (such as olive trees), plane trees, herbs (such as parietaria, artemisia, plantago) and shrubs.

I was slightly amazed to see that there is a site that monitors the pollen count in Portugal: www.rpaerobiologia.com. Weather apps such as Accuweather also have a pollen report if you want to get really into this topic for dinner party conversation.

And a final point of trivia: if your Portuguese friend sneezes, you say *santinho*.

If you are not suffering from hay fever and want to get out and about this month, don't miss the Marchas Popular. This popular festival celebrated in Portugal commemorates the city's favourite saints during this month. It features colourful displays of Portuguese culture, music, dance and, of course, food. Find out more on the What's On page or our events page on our website.

Finally, June is Gay Pride month, so there will be a number of marches and events to commemorate the anniversary of the Stonewall riots. Gay Pride is now synonymous with respect, solidarity and openness about one's sexuality. Do read Luka's article on page 14 about events happening in Portugal and why the country attracts LGBQT+ residents.

Well, I feel a sneeze coming on, so I wish you all a very happy June in the Algarve.

From Sophie, Tom, Phil and the *Tomorrow* team.

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Portugal hits the Top 10!

An exclusive *Tomorrow* interview with Eurovision superstar Iolanda.

WORDS Vaughan Willmore

As you may have noticed, Eurovision was a little different this year. Boycotts, suspensions and protests; it had it all. And, as with every year, hopes were dashed and dreams fulfilled.

Portugal, represented by Iolanda, finished tenth, making it one of our best Eurovision placings of the last 25 years. It was a fantastic achievement for such a small country and for Iolanda. With a population of just 10 million, Portugal has fewer public votes to draw on than most nations and, unlike many other artists, Iolanda chose to sing in her mother tongue rather than English.



Photo © Alma Bengtsson/EBU

> Early in 2023, Iolanda released her debut EP, *Cura* (Cure), much of which she recorded while living in the Algarve in Cabanas de Tavira.



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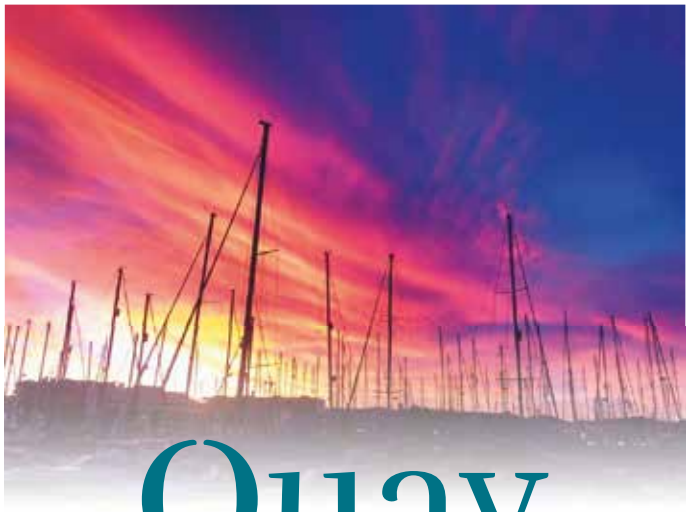
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Iolanda's Eurovision performance, and the coverage she received, did not pass without controversy. There were even suggestions that RTP, our state broadcaster, might submit a complaint to the European Broadcasting Union (EBU), which runs Eurovision. Throughout all this, Iolanda remained undaunted and true to herself. She even found the time to talk exclusively to *Tomorrow* about her incredible journey and her plans for the future.

Iolanda was born in the city of Figueira da Foz, in the district of Coimbra, but lived most of her formative years in a village near the city of Pombal. At the age of 14, she appeared on the televised talent show *Uma Canção para Ti* (A Song for You). Although she didn't reach the final, her passion for performing was well and truly established. Iolanda lived with her parents near Pombal until she was 17 years of age, at which point she headed to Lisbon to study, eventually gaining a degree in Communication Sciences. Even while studying, Iolanda's passion for music shone through, hence her parents also enrolled her in a music school.

After graduating, Iolanda headed to the UK, where she spent two years studying songwriting at the University of Sussex. As with all emerging artists, she's had to work hard and has experienced her fair share of challenges. She performed on *The Voice Portugal* but wasn't selected by the judges. She entered the Portuguese version of *The Idol* but didn't reach the live stages. Crucially, however, Iolanda was resilient and continued to hone her stagecraft and songwriting skills. Just as importantly, Iolanda's performances and work ethic were bringing her to the attention of TV and music executives.

Early in 2023, she released her debut EP, titled *Cura* (Cure) most of which she recorded while living in the Algarve, in Cabanas de Tavira. Iolanda's music is distinct, blending a traditional Portuguese vibe with modern-day urban type influences, accompanied by stylish videos. All her songs – including 'Grito' (Shout), the song she performed at Eurovision – are heartfelt and autobiographical. She told me, "I write about my experiences and those songs (on the EP) reflect where I was at, at that time. There was more dark than light in my life. Things have changed since."

Photo © Alma Bengtsson/EBU







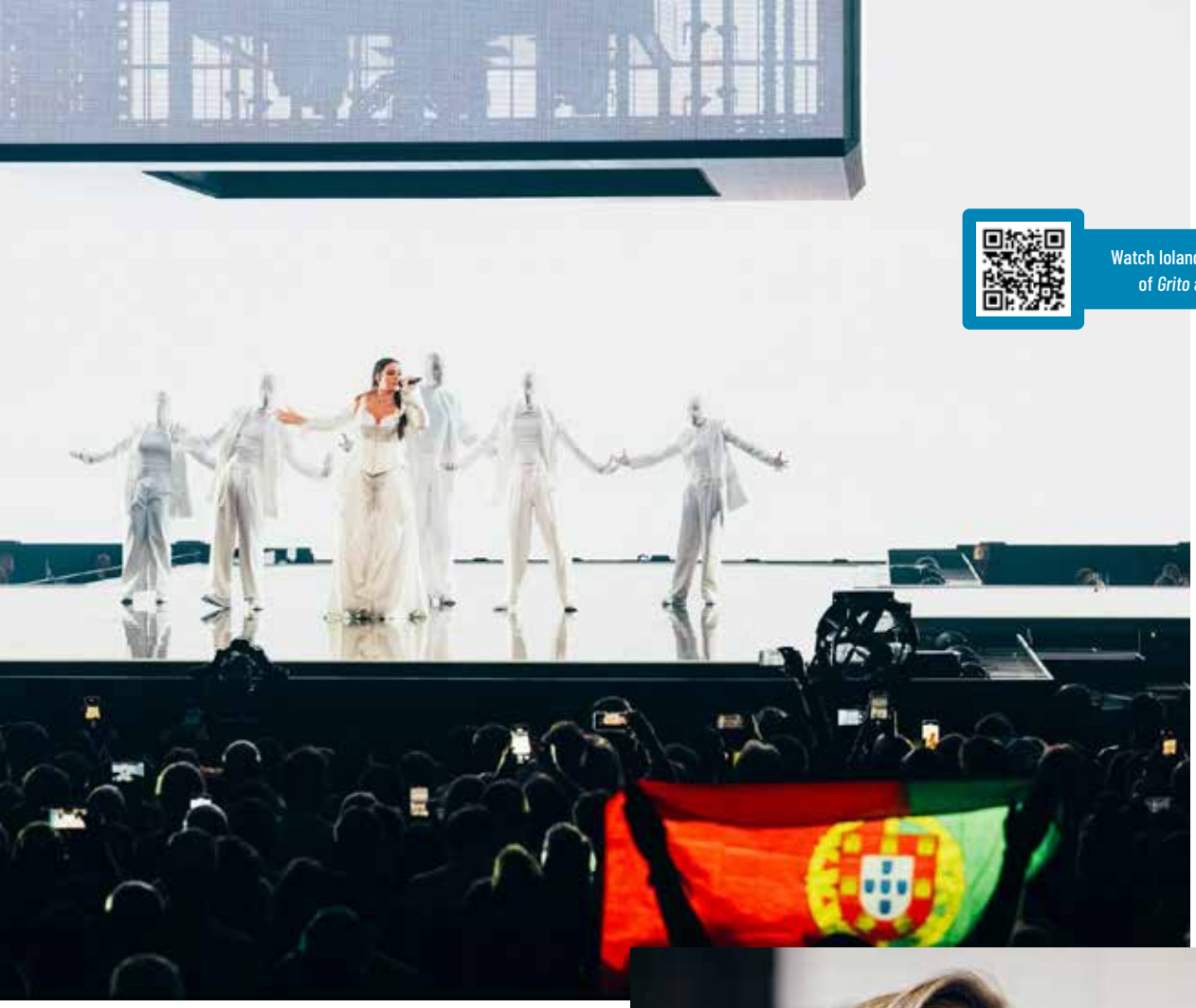
It was late 2023 when Iolanda received the telephone call that would change her life – RTP wanted her to enter Festival da Canção, the annual song contest, the winners of which represent Portugal at Eurovision. When the call came, she immediately thought, "I already have a song that's nearly completed and would be ideal." 'Grito' is the song she worked on and won Festival da Canção with. It was a career highlight and the pathway to Eurovision.

As for Eurovision, Iolanda sailed through the first semi-final, securing a place in the Grand Final, held in Malmö on Saturday, 11 May. Her performance at that final certainly caused a commotion. She wore Palestinian-inspired nail art and, at the traditional flag-waving parade, she wore an eye-catching dress made by the Palestinian clothing brand, Trashy Clothing. At the end of her breathtaking performance, flanked by five dancers, she looked straight at the camera and said, in English, "Peace will Prevail."

The EBU has since confirmed that there were delays in uploading Iolanda's Grand Final performance to Instagram and YouTube. These crucial delays almost certainly impacted the votes she received from the general public. The official Eurovision Instagram page posted a video of Portugal's semi-final performance rather than the grand final performance. The EBU confirmed that the delay was due to the presence of pro-Palestinian elements' in the Portuguese performance.

Photo © Corinne Cumming/EBU





Watch Iolandas performance of *Grito* at Eurovision

Photo © Sarah Louise Bennett/EBU



Photo © Alma Bengtsson/EBU

Tellingly, there was a sharp contrast between the votes Iolanda received from the public and the juries. The UK, France and Croatia juries all awarded her the maximum possible points. Iolanda would have finished sixth if the competition was based solely on the votes from the juries, as it once used to be. It would be a shame if all this controversy deflected from what was an outstanding performance.

Reflecting on her experiences at Eurovision, Iolanda said, "It was incredible, much bigger and more intense than I ever imagined. There are no words to describe the experience. I feel everything at once and I have all the emotions, but I'm pretty sure that what we did got where it needed to be. It wasn't an easy journey, but we managed to find love and togetherness at a time when everything seemed otherwise and that's where we must focus, for peace to prevail, because there's so much to do." Iolanda added, "I'm very proud of my team. It fills my eyes with tears from so much work and sweat they put into every moment of this adventure."

As for the future, Iolanda told me, "I want to learn from my experiences and continue with my art, and of course, to have people enjoy and appreciate my work". She has three concerts scheduled, two of which are already sold out. Tickets for the remaining concert in Porto are selling fast. More dates will be added very soon, including here in the Algarve.

It was a pleasure meeting Iolanda, and everyone at *Tomorrow* wishes this mightily impressive and talented artist every success. been based solely on the juries' votes, as it once was.

Instagram @iolandamusic



A Man for the People



Eugénio Arez is the Presidente de Junta da Freguesia de Aljezur. He is in charge of the parish council's administrative team. Voted in by the people three years ago with a significant majority, the hardworking Eugénio is dedicated to his position and passionate about local matters.

WORDS Helen Daniel

"Aljezur Câmara (the local council) consists of four *freguesias* (parishes): Aljezur, Rogil, Bordeira and Odeceixe. The Junta da Freguesia has many roles in the community," explains Eugénio. "Some of the duties are managed in collaboration with the *câmara*. The *freguesia*s role is to support and address the needs and concerns of the community to the *câmara*, acting as an intermediary between the people and the local council.

Eugénio was born in 1982 close to Arrifana Beach, and is proud of his birthplace and heritage. A true Aljezurense, his father is a third-generation fisherman, and his mother is from an agricultural family. "It is fishing blood that runs through my veins, and a fisherman is who I truly am!" Eugénio declares. "My steadfast political side, though, is motivated by the desire to do the best for my home."

Eugénio attended school in Aljezur and, during the weekends and holidays, helped his father with fishing. By the age of 15, it was necessary to travel each day to Lagos to attend senior school. "I have dreadful memories of getting up at 6 am to catch the packed bus to school, often having to stand all the way, and returning late in the evenings. I assisted my father with the family business whenever I had spare time. My childhood was busy!"

Eugénio was raised beside the beach and is a competent swimmer and surfer. Using these skills, he completed a lifeguard course when he was 18. While still fishing in his spare time, he worked as a lifeguard at Arrifana Beach for 12 years and then for six years in the local swimming pool.

Did you know...

The responsibilities of the Freguesia include:

- **Maintaining rural roads and improving them where possible**
- **Maintaining and managing parks, and any grassy areas**
- **Organising cultural activities, community meetings, exhibitions and events in schools**
- **Administering and authorising documentation such as attestation of residence, birth and marriage certificates, dog licences and proof of life. The legal work also involves keeping track of the criminal registry**
- **Monitoring local development projects and enterprises to ensure they improve the quality of life in the parish**

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"In 2013, my father had an accident at sea, breaking both an arm and a leg. I gave up working at the pool to take responsibility for my father's profession," he explains. In 2015, Eugénio bought his own boat, and from 2020–2022, he was the Presidente de Pescadores de Arrifana. He continues to fish now with his father, who has recovered well.

Eugénio also owns a tour boat he bought in 2016. "As fishermen, we must pass written and practical exams to get our licences. For taking tourists on sea adventures, there is an obligatory separate licence, which likewise involves passing written and practical exams," he explains. He now takes clients on fishing trips along the Arrifana coast as well as surf trips and group bookings.

The number of fishermen in Arrifana has diminished considerably since Eugénio was a boy. "Sadly, the new generation wanted to avoid taking on the family fishing traditions, but, recently, four or five younger people have started up, which is promising. We do not want to lose the fishing community."

Eugénio was interested in politics from a young age and has always been enthusiastic about Aljezur. At age 19, it seemed fitting for him to join the *junta de freguesia*. He started on the bottom rung, but being ever dutiful and focused, he became the country's youngest President of the People's Assembly four years later. Due to the right mix of drive, intelligence and empathy for the local people, his popularity kept increasing.

In 1999, Eugénio, who excelled at football, took a referee course. Yet again, being very advanced for his age, he became Portugal's youngest referee in the National Football Championship. However, due to an injury in 2017, he had to stop this work. Still enthusiastic about the sport, he trained hard to become a football referee arbitrage advisor, which he still does today. "As an *acessoria arbitragem*, I find ways to resolve football-related disputes and produce a decision. I am keenly interested in football and wholeheartedly support the national teams."

Eugénio likes to keep busy, and on top of everything else, he owns a café in Vale de Cambra, in northern Portugal, with a business partner. A father of two girls (one recently born in March this year), Eugénio is a family-oriented man who loves to arrange events for children. He organised an egg hunt this Easter, and he has many activities planned for Children's Day on 1 June. "Last Christmas, we installed an ice rink and Father Christmas bubble for children to play in and launched a fun competition to find the best home decoration display. We intend to do similar things for the Christmas holidays this year," he announces.





Eugénio organises an annual trip, Passeio das Gerações, for residents registered on the Aljezur electoral roll. Portuguese citizen's with a citizens card are automatically enrolled. To be on the electoral roll as a foreigner, you must apply at the *junta de freguesia* with your passport or relevant ID document and proof of residency.



Eugénio has seen Aljezur change immensely over his lifetime. Tourism has been increasing steadily, as has the number of foreign residents. "There is a shifting landscape with a much larger foreign population. I hope it is not the beginning of the loss of Portuguese identity in Aljezur. I would like to see foreigners making more efforts to speak Portuguese and to integrate into cafes, restaurants and local events. We need to aim for a greater sense of community and togetherness." He suggests that the many independent schools worsen the segregation between foreigners and local people. "More pre-schools are needed here. The ones we have are full to the brim, resulting in many illegal schools springing up." Eugénio also expresses the need in Aljezur for a school that offers professional courses to train electricians, carpenters, etc. The nearest are Odemira and Portimão, which are both far away."

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eportugal.gov.pt/locais-de-atendimento-de-servicos-publicos/espaco-cidadao-da-junta-de-freguesia-de-aljezur

"What worries me deeply about one type of immigration we have in Aljezur now is that many people live on land without habitation licences. As they are not registered, we are unaware that they are there. If a wildfire sweeps through the area, we do not know how to warn them to evacuate. It could become a disastrous problem," he emphasises.

Surf tourism is an essential part of the Aljezur area's economy and is increasing. Eugénio recognises the importance of this industry, but a change that he intends to make is the implementation of rules and regulations to control the amount of space taken up by surfers in the sea and on the beach.

"Additionally, one of my plans is to create a *campanha de sensibilação*, a campaign to increase awareness of the littering problem. I am deeply concerned about keeping public spaces clean. I'm especially unhappy about the wild camping that we have here as many of these travellers leave rubbish behind. We all need to be vigilant about keeping Aljezur tidy!"

The president has also set up several places where dog poo bags are available.

During the reign of Foral de Dom Dinis from 1261 to 1325, Portugal witnessed the emergence of its national identity. Portuguese became an official language, and many municipal councils were established. Aljezur was granted its authorised name on November 12, 1280, and Eugénio has established the day as an annual celebratory *dia de freguesia.*

Eugénio is keen that people should know about the local online portal Espaço Cidadão, an online network of administration services. "It is a valuable portal that unites services from different entities in one online space." Eugénio emphasises the importance of his work colleagues at the *junta de freguesia* and explains how he and his team have introduced new concepts in Aljezur and have more plans. He has installed new colour-coded maps of Vale da Telha, which light up at night, and he is planning to set up two *cabines de leitura* in Aljezur to encourage people to exchange books. "You leave the book you have read in the cabin and, in return, take one left there by someone else."

Public health and safety are also high on Engénio's to-do' list. "We are doing our best to improve wheelchair access in many places locally. So far, we have installed defibrillators in two locations in the area (SBV/DAE) and initiated Projeto Gota de Aljezur. The project allows old and disabled local people to apply for a panic button that they wear around their necks. The button is linked to a 24-hour emergency service and, if pressed, will ensure they get help. It will also sense if they fall over, and someone will phone them to see if they need assistance. Twenty-five people in the area are wearing them already."

Eugénio is an approachable, courteous, and clear-minded spokesman for the people. He often attends important conferences, is confident as a public speaker and enjoys his involvement with the local community immensely. The people of Aljezur are incredibly fortunate to have him as their representative.

"Those of us who live in Aljezur and the surrounding area recognise the beauty and wonderful quality of life here. I am pleased to welcome newcomers and encourage them to join and integrate well into our vibrant community. I am also more than willing to talk to people and discuss any issue. I will continue to be committed to Aljezur."





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It's Summer & It's Pride!

It's June and that means one thing, it's International Pride Month!

WORDS Luka Alexander



Photos on this page: Pride Parade LGBTI+ Lisbon, June 2022 © Ana Mendes Esquerda. net, CC BY-SA 2.0 , via Wikimedia Commons

The celebration of LGBTQ+ equality dates back to the Stonewall riots in June 1969, when activists from the Stonewall bar fought back against police raids in New York City. This paved the way for the equality of LGBTQ+ people in the United States and the western world. As a result, Pride events have been held every June to recognise the equality of LGBTQ+ people worldwide and to raise awareness of the challenges and discrimination many still face today.

This year marks 55 years of Pride following the events at Stonewall, and there is no doubt that Pride across the globe will be bigger and better than ever during this milestone celebration. Promoting a simple message, "love not hate", Portugal, along with many other countries, will burst out in colour to celebrate pride with events planned throughout the month across the country.

With its laid-back lifestyle, it should be no surprise to learn that Portugal's LGBTQ+ rights are some of the most advanced in the world. After a long period of oppression, attitudes have changed over the years, making Portugal increasingly accepting of the LGBTQ+ community since the decriminalisation of homosexuality in 1982. Portugal became one of the first countries to contain a ban on discrimination against sexual orientation in its constitution and the eighth state in the world to recognise same-sex marriage in June 2010. Article 13 of the Portuguese Constitution reads:

"No one may be privileged, favoured, prejudiced, deprived of any right or exempted from any duty for reasons of ancestry, sex, race, language, territory of origin, religion, political or ideological beliefs, education, economic situation, social circumstances or sexual orientation."

Next year, Lisbon will host EuroPride 2025, the first Portuguese-speaking city to host the annual event, which will further boost Portugal's accepting attitude towards sexual minorities. In 2019, Portugal was voted one of the world's most gay-friendly destinations in a poll organised by Spartacus Guide, sharing the same position as Sweden and Canada.

While keeping the original context of fighting for equality, Pride welcomes everyone to come together to celebrate diversity. Of course, it also allows for a good reason to party. So whether you are staying in the Algarve or venturing further afield during the first month of summer, there are plenty of events to keep you occupied.

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Did you know...

Did you know that the largest Pride event in the world is held in São Paulo, Brazil and attracts over three million people annually?

FARO PRIDE [8 JUNE 2024]
This year, the Algarve's very own fifth annual Pride event will take place on 8 June in the region's capital of Faro. Starting with a Pride march (Marcha do Orgulho) at 3 pm, the colourful display of rainbow flags, artists, and musicians will make its way along Avenida 5 de Outubro and through Faro's old town on Rua de Santo Antonio before ending at the marina where a host of musical talent, DJs and maybe even a drag show or two will lighten up the festivities, entertaining revellers right through the night.
For info visit Instagram: @marchalgbtqialgarve

ARRAIAL LISBON PRIDE VILLAGE [22 JUNE 2024]
Arguably the largest Pride event in Portugal, Lisbon's Pride Village kicks off at midday on 22 June in the heart of the city at Terreiro do Paço. Hosting a combination of political rallies and parties, the city's biggest and most colourful festival will bring together an impressive line-up of guest DJs, bands and speciality acts to celebrate not only the diversity of the capital but the country as a whole right through to 3 am. First celebrated in 1997, the capital's Pride has evolved into an extravagant summer event, welcoming over 70,000 Pride enthusiasts each year, making it one of the city's largest annual highlights.
For info visit: www.ilga-portugal.pt

ÉVORA PRIDE [3–9 JUNE 2024]
This year, the capital of Alto Alentejo will be holding its second annual Pride from 3–9 June, featuring a range of concerts, debates, films and exhibitions showcasing the fight for equality, along with a special exhibit titled *Love and Hate*. The highlight of the week-long event is, of course the Pride march, which will take place on Praça do Giraldo at 5 pm on 8 June, featuring LGBTQ+ organisations, groups and party-loving individuals in a colourful display of celebration, highlighting the diversity of the city.
For info visit Instagram: @evora_pride

PORTO PRIDE FEST [12 & 13 JULY 2024]
One could say this is the Pride of the North, when Porto paints the streets in every colour of the rainbow for its very own Pride celebration. Starting at 6 pm on 12 July with a range of concerts, drag shows and DJs performing at Parque da Pasteleira, the event will run late into the night, showcasing a range of local and national talent. The party continues on 13 July with more music and entertainment on Praça da República, where the annual Pride march departs at 3 pm. The march will follow through Gonçalo Cristóvão viaduct, Santa Catarina before ending at Jardim da Cordoaria where the reading of the manifesto will take place.
For info visit: www.portopride.com



LGBTQ+ BARS:
For those of you looking for somewhere to dance the night away, be sure to check out the Algarve's LGBTQ+ friendly bars. The three most established bars include Loft in Portimão, Connection Bar in Albufeira, and Prestige in Faro. Each is unique, and with a host of events lined up during Pride month and throughout the year, there's something for everyone, so do keep an eye out on social media for up-and-coming events and maybe even a drink promotion too.

Pride itself is a time to celebrate diversity, equality and love, and what better way to celebrate than here in Portugal, a country that offers safety to all regardless of gender, race, religion or sexual orientation. While much has still to be done, Portugal, along with many countries around the world, is working hard to make a safer, non-judgemental environment in a world which we all must share. It was in 2015, when the Portuguese Parliament unanimously approved a measure that would recognise 17 May as National Day Against Homophobia and Transphobia. The Portuguese parliament stated that it was committed to "engage in fulfilling national and international commitments to combat homophobic and transphobic discrimination", thus paving the way for an equal society.

Please check with local media as events may be subject to change at short notice.

Photos on this page: Pride Parade LGBTI+ Porto, June 2023 © Pedro Faria Esquerda. net, CC BY-SA 2.0 , via Wikimedia Commons



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Francisco Castelo, the Lagos Photo Library manager

Francisco Castelo began photography in 1978 and joined the local administration in 1993. With an academic background in history, administrative law and municipal management, he researches old images. He creates content for publications and photo-documentary exhibitions, among other projects highlighting the value of photography as a historical source and element of cultural heritage.

Francisco has written a small collection of fictional portraits that are available on a flash drive. Two fictional short stories of a humorous genre are included. *Diário de um Asilado* (Diary of an Asylum Inmate) and *Crónicas de uma Peste* (Chronicles of a Plague). These works will be presented to the public at the 14th Lagos Author's Book Exhibition, which takes place from 16-30 June at the Armazem Regimental de Lagos. All stories are in Portuguese, and only a symbolic price will be charged.

The Lagos Archive of Photographs

WORDS Julian Putley

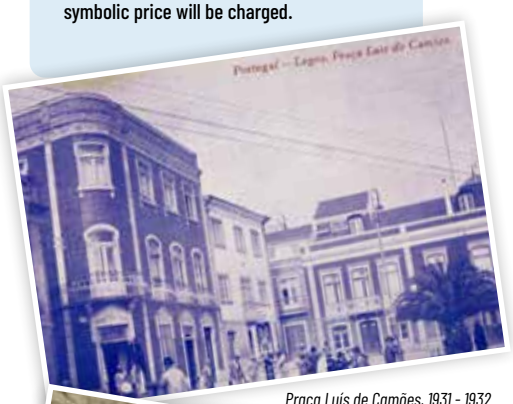
In the heart of the old city of Lagos lies the Fototeca Municipal de Lagos, the Photo Library of Lagos. It contains images of events, works, places, buildings, people, art and more. I met with the library manager, Francisco Castelo, to delve into this priceless archive.

There are thousands of old images, now digitised, contained within its walls, as well as frames on film, paper photos and contemporary scanned photos. Particularly interesting are the photo stories through the years. One that caught my eye was the development of the Lagos waterfront from the late 1800s to the present.

The main function of the library is to manage the archives, photograph patrimonial events, recover memories from antique photos, preserve them for future generations and share them with the community. Francisco, an accomplished photographer, shoots many of the contemporary images himself.

Besides photographic records of events, places, and the municipality's architectural, historical and natural heritage, various and diverse photographs of pieces of art are used for exhibition catalogues. Historical research is carried out on the existence of photographic records (from 1850 to the present day) and general research of documentary data that complements the information in the images is also done.

Images are provided to municipal departments, and to the press, media, students and citizens in general. There is an annual workshop on the ever-evolving digital photography and involvement in photography contests.



Praça Luís de Camões, 1931 - 1932



Praia dos Estudantes, 1912



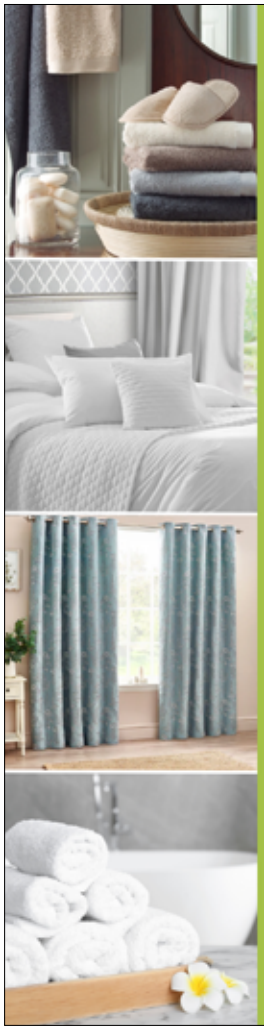
Lagos, 1947 - 1951



Avenida dos Descobrimentos construction, 1958 - 1960



Road to Praia da Luz, beginning of 20th century



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1905 Royal Navy fleet & the quay - author: Fototeca Municipal de Lagos / António Crisógono dos Santos

A history told in photos



Colonel Negrão, the Commander of RI 15 accompanied Admiral Fuller, of the Royal Navy, during the inspection of the guard of honour given to him in Gil Eanes Square on 7 March 1927.
Fototeca Municipal de Lagos / Unknown photographer / Collection Joaquim Vito Negrão

Delving into the photographic records, I was intrigued by the story they told in photographs of Britain's naval partnership with Portugal. A cordial relationship between Britain and Portugal goes back to 1386, but the photographic story begins in the late 1800s. The bay of Lagos was frequently visited by the Royal Navy Mediterranean Fleet (active from c.1665 until 1967) en route to its base in La Valletta-Malta. Here, they stocked supplies and performed annual naval exercises.

The Treaty of Windsor was signed in 1389. The marriage of the Portuguese monarch to the daughter of the Duke of Lancaster cemented the relationship. Fast forward to the Battle of Lagos in 1759 between the French and the British, resulting in a victory for the Royal Navy. By 1901, photographs began to tell the story (a picture is worth a thousand words). Naval exercises by the Royal Navy Mediterranean and Atlantic fleets were routinely carried out in the Bay of Lagos.

In 1905, His Majesty King Carlos of Portugal visited the combined fleets of the Royal Navy in Lagos and presented a cup to the winners of a naval sailing regatta. In February 1906, the British Mediterranean and Atlantic fleets were involved in extensive training exercises off Lagos and when they anchored, fully dressed with the Portuguese courtesy flags, the ship's thundered out a 21-gun salute and a ship's band played the Portuguese National Anthem.

In 1927, admiral and commander of a squadron in the Atlantic fleet, Admiral Fuller, was invited to review the local infantry regiment by Colonel Negrão, who then made him the guard of honour.

By 1937, Germany's rearmament had begun and was visible on occasion in the Bay of Lagos. The intelligence of these activities led the UK to intensify its wartime footing and to demonstrate its naval power.

In 1944, a battle-class destroyer of the Royal Navy, the HMS Lagos, was named in honour of the Battle of Lagos in 1759. She was commissioned in 1945. In 1957, HMS Lagos joined the 1st Destroyer Squadron, where it saw service with the Home and Mediterranean fleets.

By the 1960s, with the development of the Polaris fleet, the Royal Navy became Britain's strategic force of last resort. The structure of the maritime empire provided by coaling stations, watering and resupply stations had gone. So had the imperative of protecting trade. Now, the targets they aimed at and the attacks they sought to deter were land-based. Naval exercises at various points in the North Atlantic involving large national squadrons had already been replaced by combined international forces within NATO. However, the friendship between the two nations continues to this day.



Opening hours

The library receives visitors by appointment during the institution's normal working hours: +351 282 771 725

However, if you are looking for a specific photograph, please submit your request to the library by email in advance: fototeca@cm-lagos.pt

Please note that not all photographs held by the library can be released to third parties due to permission restrictions.

Visit fototeca.cm-lagos.pt for more photos and 7n8h5b.s.cld.pt for Francisco's articles and fiction stories.

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Playing with Fire

On first read, this may appear to be a tale set in the past. It is about a boy who was let down by all the adults in his life, spent his formative years in a childrens home before daring to dream of a life of travel and adventure, before finally finding a home by joining the circus. However, Rafael Martinho's story is a modern-day narrative, and it started here in the Algarve.

WORDS Sophie Sadler


© André Photography

I was initially interested in interviewing Rafael after I saw him perform a dazzling fire juggling act at the circus in Lagos and realised he was the performer I had seen appearing in *Portugal's Got Talent*. As our interview progressed, however, I began to feel that the television appearance was a small part of a more remarkable and interesting narrative. His is the story of a boy who, despite many hardships, refused to give up and never lost faith in himself.

"My Mum and Dad were always hooked on cocaine and heroin, and I was unwanted. When I was born, my father was arrested, and my mother was disoriented; she didn't know what to do and left me with my grandmother and went to England. My maternal grandmother Maria Vitória raised me until I was nine years old. But, at that time, she was an 88-year-old woman, and having been widowed three times, she had a lot of sadness in her life", Rafael says. He confesses that as a kid, he was angry and could be disruptive; they rubbed each other up the wrong way. "I did not trust people as a kid – I was living with the fear that I couldn't trust anyone."

He was terrified of abandonment, a fear he still lives with today. But he struggled to fit in, perhaps believing that whatever he did, he would always be viewed as the son of a drug addict. "I never touched drugs, but by the time I was nine, I was already being accused of smoking and getting involved in drugs. I came home with chilblains from the wind from riding my bike and my grandmother thought I was hanging out with the wrong crowd. My mother got accused of stealing from home, and I was raised with that accusation."

His grandmother couldn't handle the situation, so he was transferred to his other grandmother, Idilina, in Lisbon. Just after his ninth birthday, his father got out of prison and it must have briefly looked to the young Rafael that his life might take a change for the better. But then Idilina was involved in a road accident. After being hit by a truck, she was in a coma and died. Afterwards, Rafael lived briefly with an uncle, aunt, and cousin, but that didn't work out either.

"I walked from place to place for a few weeks until I went to a children's home, Casa da Palmeira, where I stayed from the age of 10 until I was 18." Life remained tough for Rafael – he was bullied at the home and in school and didn't feel safe.

When he left the home at 18, he thought it would be time for him to take care of his grandmother. "I love my grandmother very much, and I'm very grateful to her, but our temperaments don't fit." He ended up on the street.

All too often, we know how this story ends – it's never well. Many in this situation feel angry and seek revenge on the world, so how does he feel? "Even rich people suffer, maybe from different things, but money also brings problems. This upbringing gave me the freedom to leave and move around. But you need unbelievable faith to get through it."

In addition to self-belief, it is undeniable that one of the things that got Rafael to where he is today is friendship. He was 18, and living on the streets of Lagos with no money when a chance encounter at 6 am was to change his life. Rafael bumped into Mika, a 29-year-old Finnish man who was a recovering heroin addict and on a journey to walk from Portugal to Seville. Mika was waiting for a shop to open to get supplies and they got talking. Rafael, with no other plans, asked if he could join him and his dog.

"He taught me the basics of juggling, how to walk long distances, travel and plan the day. We used to camp everywhere. He had a heroin addiction, but he taught me values and to do what you say you are going to do. He was like the older brother I never had, and he guided me. He was a teacher, brother, friend and master. We always talked for hours before we went to sleep. It was so important to have him in my life."

From 18 to 21, Rafael travelled across Europe on foot. "Sometimes I had money, sometimes I had nothing." He started to make a small income from juggling at traffic lights for waiting motorists,








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Watch Rafaels final performance on Got Talent Portugal

developing his act further by setting light to a baton, which he juggled across his body.

When he returned to Portugal, he made a living by juggling at the Areeiro roundabout in Lisbon, where he made around €35 a day. He obtained his driving licence while living on the streets and bought a van. "I am alone in life, but juggling on the street, which is so underrated, can do good in the world."

Rafael actually dreamed of being a rapper and would post videos on Instagram. "I believed that I was an artist and I just wanted to call attention to myself," he recalls. But after eight years, he had fully honed his skill as a street performer. "It's all about practice."

During the summer, Rafael would perform his act on the streets in Germany, where he could make more money. He was there when one of the producers of *Portugal's Got Talent* contacted him on Instagram. He immediately returned to Portugal. "When I first auditioned for the show, I had nothing. I had sold my van and I was sleeping on the streets. Sometimes, I couldn't shower, or I found a gym to have one. Sometimes, I made friends who invited me to their place. I didn't even have my juggling stick anymore. So it was a chance to rebuild everything I had lost."

At the audition stage of the talent show, Rafael won the affection of the judges: Sílvia Alberto and Manuel Moura dos Santos, Rui Massena, Inês Aires Pereira and Filomena Cautela. One of them said; "I was with you from start to finish and I got goosebumps. I believe it's not easy to make a living from this and so I congratulate you for not giving up because it's so worth it."

"The judges were very cool and honest people – the whole production was excellent and it was a great team," Rafael told me.

"I never got into heavy drugs, unlike my parents, and I wanted to share my work, to see if people understand my story, and try to make a difference in this world. I would like to make a living with my art, but above all, I want to make a difference and inspire people."



On TV 7 Dias, Rafael Martinho burst into tears when talking about his mother and the fear he feels about losing her to drugs. "Do I fear that she will die? With everything I've suffered, it would be easier for her not to hurt me anymore. It's complicated." He also has minimal contact with his father. "I really like my father, but he is in prison", but he thinks he has probably seen the show on TV."

Rafael made it to the live finals, which first aired on 3 March in RTP1. "I was very nervous. But once I got on stage, I just focused on the routine in my mind and the music." To rehearse, Rafael goes through the routine in his head the whole time – he can visualise everything in his head and all the moves. He quite often closes his eyes so the body moves on muscle memory. "I have a good mind," he says.

It was certainly appreciated on the show, with the judge's comment: "It was a dance with fire. It was very beautiful, this interaction as if there were two characters, the fire and you."

Rafael enjoyed the camaraderie with the other finalists, including rapper Nuno Couto, who became a friend and whom he went to watch in Porto. He also loved hanging out with the kids, whom he would entertain in the moments they were waiting together backstage. They all hugged him when they parted company. "I had an overdose of love," he confesses. The greatest thing he took away from the experience, however, is knowing he inspired children who watch the show.
As one of the judges commented at this audition; "For someone who does what you do comes to a show like Portugal's Got Talent, it's the only television program that gives space for a large audience to have access to art like yours."

Rafael believes that "Kids need guidance – a lot of people are misguided. Young people are not encouraged to explore their full potential; they are pushed into getting a wage, but this might not be the best course for them."

Despite not finishing in the top three, he achieved one crucial milestone. "I want to change my life; I'm desperate in that aspect," he told reporters at the time. Shortly after the show, Rafael approached the Dallas circus and asked if he could join. He now counts them as his family. He felt exploited during previous experiences of working in circuses, i.e. meagre wages, no food and no place to stay, but at Dallas, things are different: "They take care of me, give me food and support, a salary, a place to live, and food. The circus is run by two brothers who are real gentlemen."

For now, Rafael is fully dedicated to his art. "If I hadn't focused on juggling, I wouldn't be doing what I do today and wouldn't leave people speechless. I gave up my right and privilege to eat and sleep better to invest in this. I'm just trying to do things in a way that makes me happy, and if I'm alone at a traffic light, I can make a minimum wage at the end of the month and that's okay."

His ultimate goal is to perform with Cirque du Soleil, but he also wants to use his experiences to educate others. "I want to visit jails and children's homes and make a difference to people. I am fair and loyal, and I want people to be fair and loyal to me."

Finally, Rafael has come to appreciate the life he has been given. "I believe I have motivation, not a superpower. I have a kick-arse life now. My past self would have looked at me and been envious. Yes, I had it hard, but if you move your arse, things will eventually come; it's okay to be down, but opportunities will come."

This story has elements of a Dickensian novel. It demonstrates that positivity and faith in the human spirit will get you through anything while throwing you good and bad characters along the way. But Rafael's life has taken him on a journey and given him wisdom beyond his 26 years. Whatever the future holds for Rafael now, he really is on fire, and the future looks bright.



You can see Rafael in Circo Dallas during June in Lagoa. At the time of going to print, the dates had not been confirmed but will be available on www.facebook.com/CircoDallasOficial



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The Wonderful World of Canned

Portuguese Sardines





It's a €6.5 billion a year industry and one of the healthiest foods imaginable. Vaughan Willmore takes a look at the world of canned Portuguese sardines and speaks to the people behind a newly opened flagship store in Times Square, New York.

WORDS Vaughan Willmore

"Canned sardines are a nutritional powerhouse" - EatingWell.com

Portuguese sardines are a culinary delight steeped in tradition, history, flavour and nutrition. As one of Portugal's most cherished delicacies, canned sardines represent more than just sustenance; they embody a cultural legacy.

The notion of canning fresh food dates back to the Napoleonic Wars (1799–1815) when the French government offered 12,000 francs to anyone who devised a way of preserving large amounts of food that could be used as rations for their military. It was French confectioner Nicolas Appert who won the award for sealing food in glass jars. A few years later, British merchant Bryan Donkin developed the process of packaging food in airtight cans.

The benefits of canning were noted by many: easily transportable products that preserved their contents for up to five years and, under the right conditions, even longer than that. In Portugal, the abundance of quality fish, farmed along the extensive Portuguese coastline, made these shores an ideal location for the emergence of some of the world's earliest canning factories.

During the First and Second World Wars, the popularity of canned fish underwent rapid growth. They were especially popular among American troops, which explains why, to this day, the USA is one of the main markets for distributors worldwide. Nearly 100 years later, thanks to businesses such as Grupo O Valor Do Tempo, the traditional methods of production used in Portugal can still be seen. Sónia Santiago Felgueiras, Marketing Director of Grupo O Valor Do Tempo, told me, "When our Comur factory began its activity in 1942, the production methods were artisanal because that was the standard of the canning industry in Portugal.

Today, the factory retains the same production methods with all the fish being delicately prepared by hand by those who have inherited generational knowledge."

Grupo O Valor Do Tempo has 21 stores, with the nearest being in Faro. Each store stocks a whole range of canned fish, not solely sardines, though unsurprisingly, given their popularity, sardines account for the majority of sales. Sónia has worked for the business for four years. She told me how they have no ambition to be the biggest in this industry but are instead focused on providing quality products and working sustainably. "When creating the Fantastic World of Portuguese Sardines, we wanted to create something more than just a canned brand. We're an active defender of ocean management, a promoter of responsible fishing, and a supporter of local fishermen and women. Maintaining our heritage is key to our success. It makes it possible for us to offer preserves of extraordinary quality and, therefore, to pay our staff fairly in a way that demonstrates our respect for their work."

One aspect that makes canned Portuguese sardines particularly popular is the variety of flavours and seasonings used to enhance their taste. From simple preparations with olive oil and sea salt to more complex marinades with herbs, spices, and tangy sauces, there's a canned sardine to suit every palate.

In addition to their exquisite taste, canned Portuguese sardines are prized for their nutritional benefits. Rich in omega-3 fatty acids, protein, vitamins, and minerals, sardines are a powerhouse of nutrients contributing to heart health, brain function and overall well-being. This nutritional profile has earned sardines a reputation as a superfood, revered by health-conscious consumers around the world. Indeed, the canned sardine industry is expected to grow to over €11 billion per year by 2030, which bodes well for the industry and the Portuguese economy.

Last year, Grupo O Valor Do Tempo took the bold step of opening its first store outside Portugal, in one of the world's most famous and busiest districts, namely Times Square, New York. As one New Yorker reported, "What an unexpected gem! A tinned fish shop right in the heart of Times Square. The sight of millions of colourful tinned sardines decorating the store was both epic and fantastic." Sónia explained the company's thinking. "We wanted to bring the Portuguese brand to the centre of the world. To make a statement about the company, the industry and Portugal itself."

Beyond their culinary and nutritional attributes, canned Portuguese sardines hold a special place in the cultural fabric of Portugal, symbolising the country's maritime heritage and deep connection to the sea, something which continues to this day.

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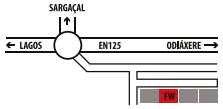
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A 'Real' Estate Crime

I first interviewed André Guerra dos Santos in 2022, when he achieved success and local stardom with the movie adaptation of his screenplay, *A Fada do Lar*. I chatted with him again this month after filming finished for his new TV production, *Faro*, and he was awarded a silver medal by the city.

WORDS Sophie Sadler

"Everything went well except the weather," he told me about the filming of his new TV series. Storm Nelson blew in while they were filming in the capital of Algarve. Despite being fiction, the series portrays a genuine issue in the region: property speculation. Written by André and directed by Joaquim Leitão, it will be aired on RTP in 2025.

The crime series was created and produced by Tino Navarro, who invited André to write the script. The plot centres around an influential local lawyer who is working for a real estate investment fund. It is about real estate speculation and revenge. Most of the action is filmed in the city or by the beach in Faro. André tells me, "With this drama, I was aiming to highlight the problem of my generation, which is that we cannot buy real estate."

"Although it's fiction, we try to touch people with a theme that is familiar to them," Sandra Alves, production director, told Sul Informação. "We took great care to give opportunities to people from here, whether technicians or actors."

Despite also wishing to celebrate local talent, André was delighted when Brazilian actress Taina Muller got cast. She is well known for starring in the Netflix series *Good Morning Verônica*. "It was very cool for me," he says about having someone famous in his TV series. The cast also includes Algarve actors Luís Vicente, Tânia Silva, Letícia Blanc, Miguel Martins Pessoa and Carolina Santos, as well as José Jesus.

André is passionate about attracting more filming to the Algarve. "All I write now is about the Algarve. We are developing two other projects to be shot in the region. I am really trying to tell stories from this area. My projects not only take place in the Algarve, but my stories are about the people and the problems of the local people and real estate inflation is a big theme in this area." The production team on *Faro* also worked with ETIC_Algarve, with some students on internship and others already integrated as professionals, to give local talent vital experience.

Still living in his hometown of Lagos but not yet ready to buy his own home, André is not interested in following the bright lights of the city. "I find the stories and the peace of mind I need to write in the Algarve."

On Dia do Lagos 2024 (27 October), André was rewarded with a Municipal Merit Medal by Lagos city council, which recognises the achievements of local individuals and institutions. Every year, the city council holds a ceremony to award these honours. "It was a very emotional afternoon," remembers André. "I had to make a speech, but I only wrote it the night before because I was very busy with my work. But everything went well, and it was good to have my family and some friends with me to celebrate."

André confessed to being "happily busy" with his new projects for RTP. He has written another TV series set in the Algarve, which is currently in the financing process. He initially wrote the satire 10 years ago as a film. It focuses on a man at the edge of a mid-life crisis who finds himself forced to work as a geriatric gigolo to face the difficulties of inflation in the housing market. To show that good things come to those who wait, André finally had the idea taken up by a production company but as a series rather than a film.

The project really is his 'baby' – it is the first time a production company has asked him to provide input about casting and locations, and he is also working on securing finance. "Because I live in Lagos, I have worked hard to get some financial support from the municipality to shoot in the Algarve, so I now have a seat in project meetings.

Also in the pipeline is another film. "I am working on a film based on a true story about an inspiring and important man in the Algarve's deep, forgotten rural area who became a hero for the community. It was hard to believe that his life is true and not a work of fiction, but I now hope to bring it to the screen."

It is invigorating to see new opportunities flourishing for the young, creative talent in this region. Who knows, maybe these opportunities will in turn enable young Algarvians to finally get on the property ladder?!

Read the previous interview with André on our blog: tomorrowalgarve.com/jan-2023-a-screenwriter-is-born



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Pure Love

A poem to mark Gay Pride month

In the vast expanse of the world,
two souls found solace
In the embrace of each other, they discovered love's grace
Two young girls, with hearts full of hope and desire
Unsure of the future, but certain of their fire

They met by chance, in a world that seemed so cruel
But in each other's presence, they found a precious jewel
Their love bloomed like a flower in the spring
A fragile thing, yet so powerful and awe-inspiring

They danced under the moonlight, hands intertwined
Their laughter echoing through the night, so pure and divine
Together they roamed the streets, carefree and unafraid
In their own little world, where love never fades

As they gazed into each other's eyes, they saw their dreams
A future filled with love, and endless streams
Of joy and happiness, of laughter and tears
They faced the unknown, hand in hand, without fears

Their love was a beacon, shining so bright in the dark
A guiding light, leading them on their path
Through trials and tribulations, they stood strong
Their love was their anchor, their hearts beating as one

They faced adversity, prejudice and hate
But their love was a shield, protecting them from fate
They stood tall, against the world's cruel gaze
Their love was their strength in their turbulent days

They knew that their love was forbidden, in the eyes of many
But to each other, they were everything, their love pure and plenty
They defied the norms, the rules and the hate
For their love was true and it was their fate

As they grew older, their love only deepened
Like a well that never runs dry, forever unbidden
They faced the challenges of life, hand in hand
Their love enduring, like the shifting sand

And so their love story continues, a tale of two hearts
Bound together by love, never to part
Two young girls, falling in love with each other
A love so pure, a love like no other.

Sáor-Íde Dolan

Readers Suggestions

Send your suggestions for next month by getting in touch with our editor Sophie Sadler: sophie@tomorrowalgarve.com

From: **Samantha Wyatt**

Subject: **The Fresh Life Club – 'A Safe Space to Connect & Play' For Consciously Active Women**

I created The Fresh Life Club Community WhatsApp group to help women socialise and make friends. Here, I announce active meet-up events and encourage members to connect and share about activities they love participating in.

The first regular activity is FLClub Hikes. These happen every two weeks on Saturday morning. We often share a picnic on the beach afterwards or have lunch in a nearby restaurant together (optional, of course). As an avid hiker, I pick a favourite trail in a different part of the Algarve each time, so that we get to explore all the various areas this beautiful part of the world has to offer.

I have also created subgroups for various other outdoor activities. For example, we have a thriving kiteboarding/kitesurfing subgroup, which is growing and very active. It's been a joy to find more women who love this sport as much as I do! There are also subgroups for women who surf (I am still learning myself), and for those interested in doing some SUP/stand-up paddle-boarding adventures. There are plans to hold regular Friday late afternoon gatherings on Falesia Beach, Vilamoura, for volleyball and other beach games.

I really want to encourage women to come together to share amazing experiences in the great outdoors, to network and build friendships.

The intention is for this to grow into a beautiful collaborative Fresh Life Community and Directory – a safe space to connect and play.

To enquire to join, contact:
Instagram @thefreshlifeclub_algarve
Email: thefreshlifeclub@gmail.com
Facebook Group www.facebook.com/groups/algarveconsciousactivewomen



From: **Liz Ryan**

Subject: **Lagos Ladies Sunday Brunch Group**

In January, I set up a group that can meet at various places around Lagos, Praia da Luz, etc., on Sundays. As a very happily divorced, independent woman, I find that Sundays can be a difficult day for many who don't have families living here or are not part of a couple, when you can find yourself feeling a bit lost. You also can feel awkward taking a table set out for four at a restaurant surrounded by families. I am not affiliated with any restaurants but have been here for more than 30 years, so I know most of the local eateries.

I can't believe the response – the group now has 647 members. We go to different restaurants each week, and it is a wonderful way to meet people with no agenda but just get together to have brunch, chat and have fun. We are often joined by women who are in a relationship but their other half leaves to play golf on a Sunday or who just want a break from their husbands!!

Please join our Facebook group, and don't miss out on the craic!











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The Levante Lagos Market

WORDS Robert Spalding



The farmers' market in Lagos is a joy to visit on a Saturday morning. You can tell where it is located from the crowds bursting out of each entrance, one with a food truck surrounded by men getting their morning coffee, medronho and beer.

As you approach, the babble of voices speaking in multiple languages grows louder, punctuated by cockerels crowing, dogs barking and children crying. Inside, the shoppers jostle around stands bursting with fruit and vegetables, getting in each other's way. There are older women, their bags brimming with groceries to feed their families, tourists taking pictures, children eyeing ripe red strawberries and pushchairs weaving between legs. People gather to inspect the fruits and vegetables, picking this one, rejecting that, until they have their choices tallied.

Row after row of stands fill two buildings, which are full of tempting wares no matter what the season. Here, the produce is not supermarket-perfect in shape and colour but is full of flavour and freshness. You will find tomatoes – big and small, green and red – cucumbers, lettuce, onions, peppers and celery. There are apples, pears, peaches, melons, plums, oranges, tangerines and figs as well as fruits whose provenance is unknown but are sweet and full of juice. Be tempted by golden-coloured honey from every kind of flower in Portugal: multi flowers, rosemary, jasmine, orange blossom, almond blossom. Trestle tables are loaded with potatoes, carrots, broccoli, cabbage, cauliflower and root vegetables of varying sizes and colours. Another stall sells sauces guaranteed to liven up your supper: pepper, garlic and piri-piri, plus rosemary and thyme-infused flavours.

Further along, the perfume of flowers fills the air: lilies, roses and gladioli – red, yellow, pink and purple – at two euros a bunch. Here, you'll find people lining up to buy their favourite cakes and bread, biscuits and pastries. A wide range of eggs are available – white, brown, large and small – and even live chickens and ducks. A Portuguese farmers' market would not be complete without an olive stall. Fortunately, you'll find buckets of fresh olives here: green and black, flavoured and natural, bitter and salty, and garlic-flavoured or not. All are mouth-wateringly delicious. If you can't make up your mind, just ask for a sample taste.

Here at the market, farmers ply their trade with calloused and cracked hands and fingernails blackened from working the land. Their faces are tanned and wrinkled, their bodies bent from toiling in all weathers. They arrive early to unload their vehicles and set up their wares. Women from the farms weigh and add up the cost of your purchases, then, assuming you don't speak Portuguese, they hold up the appropriate number of fingers and smile when you respond in their language. At the end of the morning, they pack up again and wend their weary way back home.

A fellow can leave the market, having spent only a few euros, with a bag full of good things to eat, some of which he did not know he needed or even liked! So consider visiting this Saturday and enjoying the flavours of this unique market.

Mercado de Levante Av dos Descobrimentos, Lagos (next to the bus station).





Choir Spring Concert

WORDS Liz Ryan

The stage was set, the atmosphere was palpable, and the Font A Vida hall in Lagos was full to capacity on 4 May for the annual Spring Concert of the local Choir, Cantus Nortada.

Known as the Swedish choir, it is a diverse group made of over 35 non-professional singers from a variety of countries and backgrounds. Under the baton of musical director Birgitta Levick, they rehearse every Monday morning in Praia da Luz, culminating in two concerts a year.

The audience was enthralled with hits from popular movies and musicals sung by the choir, small groups, solo singers, and duets. It was a spectacular event that was poignant, energetic, and full of numbers that had the audience laughing, crying, and dancing in the aisles. Scenes from the movies and musicals were projected onto the back of the stage to set the mood for each song, and the choir didn't disappoint.

The choir opened with their very inspirational signature song, *Why We Sing*, and from that moment on, they had the audience captivated. *Aquarius - Let the Sun Shine In* went down a treat and saw the choir donning all sorts of fun "Hippie" apparel, even mingling with the audience while dancing, which had everyone clapping and joining in.

The Finale was a medley of Abba's greatest hits, which had everyone singing as the concert ended on a high note with *Waterloo*.

Another concert is scheduled for December. Anyone who is interested in joining the choir should contact the choir's administrator Annika Nyqvist.

annikanyqvist@hotmail.com

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Neanderthal to Man

The history of human settlement in Vila do Bispo

WORDS Ricardo Soares

The Paleolithic is the first period of prehistory, beginning in Africa around four million years ago. It was characterised by bipedalism, mastery of fire, the production and use of stone tools, the first artistic manifestations of Neanderthal man and the emergence of our species. *Homo sapiens* emerged at the beginning of the Upper Paleolithic, around 40,000 years ago.

The lives of Paleolithic populations were based on hunting wild animals and gathering plant foods and seafood. Their social structures were relatively simple, organised into small family groups. They were egalitarian communities who lived in a naturally sustainable way, in balance with nature. In the Algarve, little is known about the Lower Paleolithic period. However, we do know that early humans lived in this area through isolated finds. More abundant in Vila do Bispo are the Upper Paleolithic occupations, namely the Neanderthal sites of Lagoa Funda and Lagoa do Bordoal, and the Vale de Boi shelter in Budens, which documented one of the oldest *Homo sapiens* occupations known in the south-west of the Iberian Peninsula.



The Vale do Boi shelter

Discovered in 1998, this archaeological site is located on a limestone slope overlooking the valley that gives it its name, where a stream flows into the Boca do Rio estuary. The site served as a shelter for communities of hunter-gatherers and shellfish gatherers between 34 and 7.5 thousand years ago. During this period, the populations exploited a great diversity of terrestrial and marine resources available in the surrounding landscapes. Particularly noteworthy was the use of local rocks to make utensils, the consumption of animals such as aurochs, deer, goats and wild boar, as well as a wide variety of fish and shellfish including limpets, mussels and barnacles. These delicacies are still part of the local diet today.

Hunters and shellfish gatherers

Around 10,000 years ago, the last glacial period was slowly coming to an end, giving way to modern climatic conditions. Global temperatures rose, the polar ice caps and mountain glaciers retreated, and forests expanded into what had previously been steppes. Animals from temperate climates gradually replaced the cold-adapted fauna. In the Vicentina region, the sea level rose due to melting ice, reaching levels close to those of today. The marine resources were then used more intensively by the hunter-gatherers and shellfish gatherers who lived here. This resulted in a new type of archaeological site – the shell midden. Several Mesolithic sites are known in Vila do Bispo, mostly shell middens. They are located on the coastline or near estuaries and seasonal watercourses, for easy access to the sea in areas favourable to the exploitation of flint deposits, an excellent raw material for the production of cutting tools and hunting projectiles. On these sites, we find simple structures such as fires built with stones, utensils made from chipped stone and, of course, abundant shellfish remains. They would have been seasonally occupied sites, although the local communities in the Mesolithic already showed a strong tendency towards permanent settlement.



The Neolithic revolution

The emergence of a series of new technologies, including the production of ceramics, polished stone and the first domestication of animals and plants defines the Neolithic period. The first domesticated animal species were sheep, goats, pigs and oxen, while dogs have been faithful companions to mankind since the Paleolithic period. Neolithic man cultivated plants, including legumes such as peas, broad beans and lentils, and cereals such as wheat and barley. These food resources came to play a fundamental role in the economy and in human subsistence.



There were ecological changes, with the clearing of forests to create agricultural fields; economic changes, with the storage of food surpluses; demographic changes, with the growth of populations; social changes, with the emergence of village life; and ideological changes, with new forms of a worldview. The Early Neolithic period corresponds to the first agro-pastoral communities, whose way of life was based on plough-less agriculture and herding small flocks. Vila do Bispo is home to some of the oldest Neolithic sites in Portugal, dating back around 6,500 years. The identification of housing structures, artefacts and various faunal remains are a good example of those transformations. The presence of Cardial pottery decorated with cockle shell impressions, particularly in the settlement of Cabranosa in Sagres, integrates this region into the Neolithic world of the western Mediterranean.

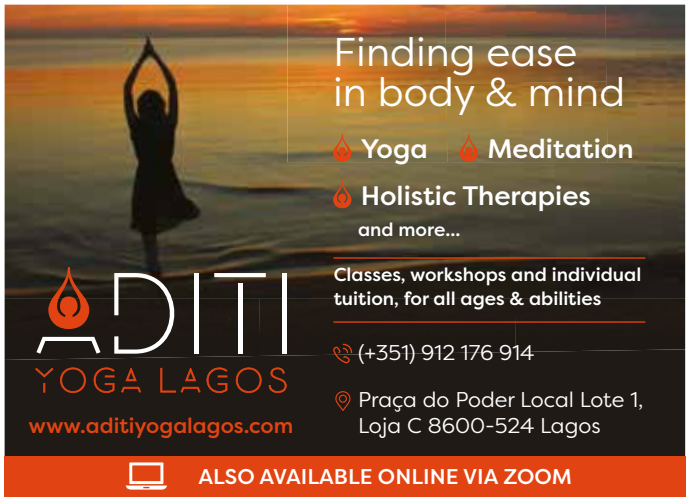
Palaeo zoological park

Did you know that there were aurochs, lions and rhinos in Vila do Bispo? Yes, archaeological research at the Vale de Boi Palaeolithic site has revealed an incredible palaeo zoological park!

Ricardo Soares is the archeologist at the Vila do Bispo Museum – O Celeiro da História.

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1. *Investigação Arqueológica no concheiro mesolítico do Castelejo (Ricardo Soares, 2021)*
2. *Machado neolítico tipo mirense, Vila do Bispo, 6.000 anos (Ricardo Soares, 2014)*
3. *Ponta de seta paleolítica tipo folha de loureiro, Vale de Boi (Ricardo Soares, 2020)*
4. *Placa paleolítica gravada com três auroques, Vale de Boi, 25.000 anos (Ricardo Soares, 2020)*


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The Shapers of Portugal

Vasco da Gama

In this series, we investigate the historical figures who have shaped Portugal.

WORDS James Plaskitt

At the dawn of the 16th century, through pioneering navigation and brilliant seamanship, Portugal reset the frontiers of the known oceans. At the same time, through piracy and unmitigated terror, it paraded in all its horror the dark side of conquest. One man was behind both milestones: Vasco da Gama.

Since the pioneering oceanic exploration directed by Henry the Navigator, Portugal had continued to push forward the frontiers of the seas, and Bartolomeu Dias had been the first to round the Cape of Good Hope in 1488. Having done so, he returned to Lisbon with the news that the East – however vaguely defined – was at last accessible by sea. After Manuel came to the throne in 1495, exploration was pursued with renewed vigour. To lead the mission to reach the East and return, he chose, for unknown reasons, the young, relatively obscure courtier, Vasco da Gama.

The king's instructions to the 28-year-old captain were to round the Cape, reach India, find Christian rulers, and open new sea trade routes for the enrichment of the Crown. Vasco set sail in 1497, equipped with two new purpose-built vessels, the *São Gabriel*, under his own command, and the *São Rafael*, under the command of his younger brother, Paulo. Using pioneering navigation techniques, he found the Atlantic trade winds that would take him around the Cape, and then the prevailing winds to the east of Africa that eventually brought him to the Indian coast, where he landed at Calicut in 1498.

In India, he made contact with the King of Calicut (the Zamorin), who was intrigued to meet this stranger from a distant land. At first, the tentative exchanges went well, but the mood turned when the Zamorin – hoping for gold gifts from the emissary of the King of Portugal – instead received some cloaks, hats and a few bags of salt. Insulted, he ended the exchanges and sent Vasco back to his ships to think again. But having established that India could be reached, Vasco elected to sail back home. Few of his crew survived the long return trip, Paulo succumbing to disease on the way.

When he finally reached Lisbon, two years after his departure, Vasco was feted as a hero, and showered with rewards by a grateful Manuel, who now saw the way to conquer the spice trade, make huge profits in the process, and also outflank the realms of Islam. Vasco's voyage had bent the arc of history, and shaped Portugal's future direction. But, Manuel's ambitions had no limit. What the voyage had established as possible, he now wanted to make a reality, and he wanted payback for the disdain displayed by the Zamorin. Vasco would have to go back.

His second voyage, which began in 1502, was one of conquest and crusade. This time, he went with a substantial fleet and instructions to teach the Zamorin a lesson and replace Arab control of shipping in the Indian Ocean and the Red Sea with a Portuguese monopoly.

The second coming of Vasco da Gama was an altogether more bloody and violent matter than the first voyage of exploration. On the way, he encountered the *Miri*, an Arabian vessel containing mostly pilgrims returning from Mecca. Vasco seized it, ripped off its rudder and took it under tow. His crew raided the ship for bounty but met with resistance. Vasco eventually set it alight, burning all the souls aboard except for those who jumped off and drowned.

News of his piracy had reached the Zamorin in Calicut before Vasco's arrival. The result was an armed conflict between the two. Vasco sent a raiding party to shore and captured scores of the Zamorin's soldiers. Back on board, he hanged them from the masts, so that their twitching bodies could be seen by those on shore. After this spectacle, he had their corpses cut up, loaded onto rowing boats, and dumped on the shore in front of the Zamorin and his retainers. Unable to overcome his foe, Vasco bombarded Calicut with cannon fire and fled to sea, beginning a long, sorry voyage back to Lisbon, with the king's mission largely unaccomplished.

There was no grand party for Vasco this time and no further honours or rewards. Manuel turned his back on the brave captain who had conquered the oceans in his name just a few years before. Vasco, the instrument of terror and piracy, was shut out of court, not for his bloody violence but for his failure to make Portugal the undisputed conqueror of the Indian Ocean.

Manuel found other captains to pursue his vaulting global ambitions, with mixed results. Only after his death and the accession of King John III was Vasco rehabilitated and pressed once again into service, leading a new fleet to India in 1524. But this time, Manuel's one-time Viceroy of India never set foot on his continent, dying during the voyage.

Vasco's brilliant successes as an explorer and his bloody failures as a crusader demonstrated the fatal flaw in Portugal's quest for global domination: it could only be secured over such a vast expanse of the globe by a massive commitment of money and an unlimited deployment of force – neither of which the small kingdom could sustain. Before that reality set in, one more monarch had a go at ruthless empire-building – with disastrous consequences.

James Plaskitt is a retired politician who was a member of the British Parliament from 1997 until 2010. He now lives in the Algarve.

Next month: King Sebastian

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Portugal's love for a British biccy



The Marie biscuit or *bolacha Maria* is a common sight in supermarkets and kitchen cupboards, but Portugal's much-loved biccy is all thanks to one family-owned bakery in London.

WORDS Luka Alexander

Whether used for dunking into a good old cup of tea or crushed up to make a pudding base, the Marie biscuit has been loved by the Portuguese and the British alike for a century and a half.



The simple crispy biscuit, made from wheat flour, sugar and vanilla, was created by the London bakery Peek Freans in 1874 to celebrate the marriage of Russian Grand Duchess Maria Alexandrovna and Prince Alfred of Britain. Founded in Bermondsey in 1857 by James Peek, the bakery became one of the most famous in London, which is why Bermondsey is nicknamed Biscuit Town.

It wasn't until after the Spanish Civil War in the 1930s that the Marie biscuit grew in popularity across the Iberian peninsula and started to be produced from a surplus supply of wheat, becoming not only a daily staple but also a symbol of economic prosperity.

These inexpensive, versatile and easy-to-store biscuits soon transformed into a variety of ways to be eaten. One of the most famous recipes that uses the Marie biscuit as a base is the *bolo de bolacha*, a deliciously sweet cake mixing the tasty British biscuit with cream, coffee and condensed milk. Somewhat similar to a cheesecake, this has been a favourite, whether at home or in Portuguese restaurants up and down the country, for over 60 years. The first mention of *bolo de bolacha* appeared in the third edition of the cookbook, *O Mestre Cozinheiro* by Laura Santos in 1959, although some say that the cake may have originated in France some years earlier, under the name *gâteau de famille*.

Despite competition in mainland Europe, Peek Freans probably turned a blind eye to the Iberian equivalent and continued to bake the ever-popular tea biscuit right up until the factory closed in 1989. Today Marie biscuits in the UK are made by the snack food brand McVitie's. In Portugal, Cuétara, Moaçor and Vieira de Castro brands, amongst others, are preserving one of the country's best-loved biscuits, along with its iconic decorative edging and dimpled surface design.

Peek Freans was the mastermind behind many popular snacks. Ten years before the creation of the Maria biscuit, the company created the Garibaldi biscuit and, in 1929, the British classic Twiglets. They were even the makers of Christmas puddings that were gifted to British sailors during the Boer War on behalf of the superintendent of the Royal Naval Temperance Society, Agnes Weston, and marketed as Peek, Frean & Co's Teetotal Plum Pudding. However, none of the company's products could compete with the ever-popular Maria biscuit, a simple, affordable biscuit that took the Iberian peninsula by storm, becoming a staple in many homes, including mine.

So, next time you head out to the supermarket to buy a multipack of *bolacha Maria* biscuits or order a *bolo de bolacha*, remember that their existence is thanks not only to a family-owned business in Blighty but also to the marriage of a prince and his princess whose name is remembered the world over, with a cup of tea and a biscuit!



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Moedas Castanhas: It Makes Cents

WORDS Tom Wilson

In Portugal, they are known as *moedas pretas* and, in the UK, pennies; at school, we used to call them shrapnel. Change, ever-present, weighs down pockets, clogs purses and fills up jars, then bigger jars, then a bowl – a heavy nuisance we eventually stuff in a cupboard or a corner out of sight, out of mind.

The coins languishing in the dark recesses of your home only regain worth when they see the light of day. Until then, they are nothing but an ignored nuisance. But, what would happen if these coins left their dusty corner and did some good?



Behind a stack of wood, in a dusty corner of the garage, I discovered my own lost coins residing in an old plant pot. I eyed the coins collected over 20 years – forgotten tens, fives, twos and ones only coming to attention when the increasingly heavier dead weight needs to be moved to some other forgotten corner. Inevitably, new smaller jars appeared dotted around the house as the years rolled on. Each new jar gradually filled only to be eventually dumped into the ever-growing pot of useless loot. I pulled out the plant pot, straining my back in the process, and eyed the brooding pile of useless metal that I could not and would not and had not thrown out.

So what to do?

With the best intentions, I moved my stash to the kitchen. There, I promptly ignored it for several days. Eventually, I had to face it. 'Only one thing for it,' I thought, and I emptied the entire pot onto the bed. I was somewhat taken aback by its size: 20 years of coinage makes quite a pile. It took a while before I eventually began to separate them. After all, I reasoned, I had to sleep that night. Finally, I had separated all the 1, 2 and 5 coins. Next, I borrowed a scale from next door and weighed them. A quick calculation revealed there was €30 in front of me! It was time to rally the troops. I began discussing the idea with friends, coworkers and anyone who'd listen, and the greatest thing happened. The coins started rolling in, in many cases, to the relief of the donors. 'It's been sitting there for years!' was a typical comment.

I took photos of each donation. Boxes, bags, handfuls: coins scraped out of car cup holders Loose change came from under beds, from drawers and off shelves. The coins just kept coming. People I hadn't spoken to about my idea texted to say they had coins for me. Every night, there was another pile to separate – it gets very meditative after a while. And still the coins kept coming. Everyone I spoke to wanted to contribute and, very quickly, I had a list of 20 donors who, over the next 10 days, added to the pile.

The car broke down just as the scales I had ordered to weigh the coins arrived. I got a suspicious look from my mechanic friend as he eyed the pile. "You're not paying me with brown coins!" I left my car in his skilful hands, unpacked the scales and began to weigh. Step one: dump in a shopping bag, use a slightly temperamental scale and presto! I was looking at about 50 kg (roughly 19,000 coins) and my guess was just over €500. I have to admit I was quite excited. Next, stop the bank.

With the help and patience of the bank cashier in Faro, we took in 50 kg of coins and walked out with a considerably lighter alternative. The transaction took some time as the Algarve is not equipped with the industrial-size sorting machines that exist in areas like Lisbon and Porto.

We raised €600 from 20 donations in 10 days. This was just a test for this article; imagine a bigger event or many. There are millions upon millions of euros in brown cent coins in circulation in Europe. And where is most of that money? It is hidden, forgotten and useless. Moedas Castanhas aims to bring that money back to life for the benefit of the community.

When the project was completed it wasn't only the amount donated that caused a rush of excitement but the numbers – 20 people, €600. What if this could be repeated across the Algarve? One per cent of the population could create not just a drop, as we had, but a downpour. That's a big fat wedge of cash into the community from nowhere.

We use an average of a handful of brown coins in a year. The rest goes straight to money purgatory, so why not give them away?

When I first started to ponder the project, I foresaw an Algarve-wide juggernaut of collection, a massive pot at the end distributed to those in need. It's a nice idea, but the logistics of such a single project would be a lot, especially for the banks. However, individuals, institutions and charities could just pull this hidden treasure to the light by holding events. I asked my colleague Natasha Jones Costa to suggest the concept to the *bombeiros* and their response was very positive.

The logistics

European legislation suggests that a person can give in up to 5000 coins per day for exchange, for free. In reality, most banks don't want to deal with coins, especially brown ones, and they charge discouraging fees for the service. The bank we used, whom I contacted early on in the project for information on how to exchange coins, is the only bank I found in the area which offers this service for free. It is important to approach your banks in advance to explain your intentions and seek advice. With a bit of planning, its possible to facilitate this process and all it's potential gains. Many institutions like the banks and the *bombeiros* must work within established legal frameworks, but perhaps where there's a will, there's a way.

Call to action

Tomorrow is calling out to all charities and individuals to consider this initiative. Dig under the bed, look in that cupboard, search the shelf and get that loose change out. Millions of euros are lying around. With just a little effort, this forgotten treasure can come out of its hiding place and make a real difference for those in need. *Tomorrow*'s first stab at the Moedas Castanhas idea resulted in donations of €200 to the bombeiros, €200 to the girls' home in Portimão and €200 to the soup kitchen in Lagos. For any charity or institution wanting to explore the idea further please contact us at *Tomorrow* as we don't have space for all the finer details here.

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Help for Ukraine

A group of foreign residents in the western Algarve raised more than three thousand euros on 12 May to send ambulances to Ukraine.

WORDS Angela Broad

Pashmina Indian Restaurant in Carvoeiro hosted a superb lunch, and over 120 guests generously participated in raffles and auctions while enjoying spectacular live music entertainment from Poor Man's Band – six retired businessmen who play rock and roll songs from the sixties. The event was particularly poignant for one of the guests; his grandson felt so strongly about the injustices he volunteered for the Ukraine army and is currently fighting in the war.

Over the last two years, several events have provided funds for the project Ambulances for Ukraine, run by Roman Grymalyuk in Lagos. Together with his team, Roman tirelessly transforms old vehicles into ambulances and delivers them to the front line. They are used to rescue wounded Ukrainian soldiers and transport them speedily to medical posts.

Sixteen vehicles have been delivered to the elite forces in Ukraine so far. TAP Airlines has been instrumental in helping return the drivers to Portugal. Apart from raising money, the latest event benefited the cause by introducing Roman to the guests. The Algarve's retired community has a wide range of skills and knowledge that they freely give to help the project, but more expertise is always invaluable.

Already eager to help are potential drivers willing to deliver the ambulances, a specialised drone manufacturer with the latest technology and a 3D printing company based in the north of Portugal. At the moment, we need assistance in sourcing old 4 x 4 vehicles. If anyone can help, please contact us. Your help could make a significant difference.

All donations are welcomed at the official website.

www.oranta.pt
angelambroad@live.com

Algarve Families in Need

WORDS Bernadette Abbott

Following the long and arduous process of re-registering the charity, I'm pleased that it is now complete. From 1 June 2024, The Algarve Network for Families in Need will become Associacao Algarve Families in Need—AFIN.

Most things will remain the same, whilst there will be a few small changes, some immediate and some very soon (after the first AGM.) The first thing to change will be the facebook page. A new page will be open bearing the new name of the charity. The current page will remain open for three months with anyone sending a post being directed to the new page. The website will be updated with the new name and changes will be ongoing as issues arise. Following the AGM a new bank account will be open, with the current account being retained until the end of the year to ensure continuity for our extremely appreciated regular donors.

If you have any questions please contact me:
algarvefamiliesinneed@hotmail.com

A Chord of Hope

The Rotary Club's Cannes Appassionata Fundraising Concert on 22 and 24 April raised €3,000 for the children's home CASLAS to help with renovations.

Two fundraising concerts were held in Lagos and Portimão with a collaborative exchange between musicians from the Conservatoire of Cannes Appassionata from France, Professor Bruna Mélia's pupils, and former pupils of the Academia de Música de Lagos.

The performance was memorable, and the musicians received great applause. In Lagos, the concert took place in the Cultural Centre, while in Portimão, it was held in the TEMPO theatre. A Rotary Club representative said, "We would like to express our deepest gratitude to the municipal authorities of Lagos and Portimão for the generous grant of the facilities. It is an honour and a privilege to receive the support of these institutions, which are so essential to our community."

The musicians played pieces by Vivaldi, Jules Massenet, Johann Sebastian Bach, Wolfgang Amadeus Mozart, George Friedrich Haendel, Georg Philipp Telemann, Scott Joplin, Edvard Grieg, Johann Strauss and Dmitri Shostakovich. It was an extraordinary symphony of cultural exchange, where talented musicians from France and Portugal brought their art to the community. The international collaboration also fulfils an essential role for the city's musical students, providing valuable experience and benefitting them personally and culturally.

"Through the magic of music, we united hearts and minds in the pursuit of benefitting a worthy cause. Each chord, each note, was an expression of solidarity and generosity. The artists and the public united in a moment of harmony, not just to appreciate the music but also to make an important contribution to the lives of the young people in the home. Each ticket sold and each donation received is a small step to a brighter future for these youngsters. We thank everyone who participated and contributed to the success of this project, which followed our mantra of creating hope in the world."

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Artists Impressions

Banking on the talented artist, Ana Isabel Amaro

Ana Isabel Amaro rose to the top of her profession before breaking out and making a name for herself in the art world. Ana tells our contributor Vaughan Willmore how "It's never too late to make a change."

WORDS Vaughan Willmore

"It takes a long time to become young" - Pablo Picasso

"When I was growing up in Sagres, my mother, sister and I spent long summers painting beach stones, mirrors and wood. Looking back, that 'little bug', that desire to create, was always there, but it is only recently I allowed it to manifest itself."

Ana Isabel Amaro began her formal education at the Escola Secundária Gil Vicente in Lagos and later graduated in banking management from the Instituto Superior de Gestão Bancária, in Lisbon. Most of her banking career was spent in Lagos and Portimão. She worked at the Lagos branch of Banco Espirito Santo (now Novo Banco) for 14 years and is understandably proud of the career she had and the important part she played in the development of the bank's projects and in the city of Lagos itself. Ana was later promoted to director of the Portimão branch, one of the biggest branches in the Algarve. They were interesting and sometimes challenging times, with Ana experiencing many developments, such as the 'boom' in residential-based tourism and the financial crisis of 2007/8.

In 2019, Ana took early retirement. Very sadly, a year later, her beloved husband passed away after a long illness. They were tough times. "I tried to find other ways of occupying my time," she said. "I was active with hiking, swimming, cycling, going to the cinema, reading and travelling. I was very busy, but I needed something else. A friend suggested I try painting and from the moment I bought the canvasses, paints and brushes, I was hooked. It felt so liberating and fulfilling."

Ana was keen to learn from other artists and tried developing her skills by reproducing the work of several painters she admired. It was only after she "gave herself permission" to try and create something original, that she felt fulfilled. Ana is an admirer of Piccaso's work and outlook on life and his saying, "Learn the rules like a pro, so you can break them like an artist", resonated with her. Today, Ana's art would typically be regarded as being 'abstract' but in truth, 'excellent' is as good as any label.

Ana now lives in the municipality of Albufeira where she works from her home studio. She finds afternoons to be the most productive part of the day and describes painting as being 'completely engrossing'. "I really enjoy the painting process," said Ana, "and allowing myself to be carried away by my emotions, imagination, and memories; and expressing it all in my painting." Ana uses shape, colours and tones uniquely, producing acrylic paintings conveying movement, transparency, depth and light. They encourage the viewer to explore their content and meaning.

Ana's work has been exhibited throughout the Algarve, including at Art Expo Algarve, the annual exhibition which typically takes place at Portimão Arena. She is currently in conversation with several Lisbon galleries about exhibiting her work there. It has all been quite a change since her time in banking. I asked Ana what advice she has for anyone going through a tough time or thinking of acquiring a new skill. "Life can be tough," said Ana. "I know that only too well, but believe me, it's never too late to reinvent yourself and try something new." Wise words indeed.

To find out more about Ana's work and her plans for the future, please see her Instagram page or contact Ana directly on email. Ana will happily share a brochure showcasing her portfolio of work.

anacarvalhoamaro@gmail.com Instagram @ana_isabel_arte

Did you know...

Abstract art's main purpose is to tell a story and encourage involvement and imagination. Its main objective is to provide viewers with an intangible and emotional experience that is completely different for each individual, depending on their personality and mood.



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Juke Joint Blues



WORDS Niall Hilary

There is an abundance of music to be discovered in the western Algarve, with a variety of styles from reggae to folk and jazz waiting to be discovered. Juke Joint Blues is adding their sound to this diversity, having recently recorded a full album, *Rocking in the Sun*. The album is reminiscent of rhythm and blues artists from the 1930s and 1940s, with a modern twist. I met with Andy to find out more about the album and what we can expect next!

Juke Joint Blues is predominantly a two-piece outfit, often joined by other musicians from across the Algarve for live performances. As the name suggests, the band focuses on retaining the music and ambience of Juke Joints from the early 20th century in the Deep South of the USA. Self-described as a "rhythm & blues duo specialising in hand clappin', foot-stompin', funky butt live music", the band does its best to preserve classics from by-gone eras, as well as composing its own original blues songs.

Juke Joint Blues is made up of Andy Gray and Tim Holmes. Originally from Aylesbury, UK, Andy has lived in the Algarve for 18 years and has performed in numerous outfits throughout this time, including The Retrospex and 2hot2handle. He was just 16 when he started playing the local scene back in the UK and has a wealth of experience in both performing and writing.

Tim moved to the western Algarve three years ago after having a career in journalism in the UK. Andy first met Tim in July 2021 in the middle of the COVID pandemic and, with the lack of gigs available, the two began to work on a number of songs and decided to record a full album of original material. They spent many months penning and perfecting the songs before teaming up with a number of local musicians, including Gary Collins, Jo Braswell, Roberto Freitas and Sydney Harris, who add their expertise and skills to the album.

Being an accomplished musician and songwriter, Andy takes the lead on acoustic guitar and vocals, and is supported by Tim on electric and slide guitar and backing vocals. They have a great knowledge of blues music through the decades. As Andy explains, "We wanted to release an album of music that we enjoyed, rather than a typical blues sound. It took a while to get this right, but we feel we captured the mood we wanted with the album. We also wanted to keep the album upbeat and to make sure we both loved all the songs on it." A successful GoFundMe campaign raised the necessary funds to bring the album to the recording studio. In early 2024, the group brought the tracks to local producer Marc Mennigman of Area 432 studio and recorded the full nine-track album in an impressive five days. The album was released in March 2024 with the help of Chris France, an Algarve resident himself, through Music For Life, a prestigious record label and music publisher. Chris has been associated with bands like The Clash, The Damned, Jam, and Steve Marriott. He has a string of hits to his name spanning a 50-year career, including taking Prince to his only UK number one with *The Most Beautiful Girl In The World*.



Tracks on the new album, including '125 (Trying to Stay Alive)', 'Steady Rollin' Camper' and 'August Algarve Blues' will be quickly relatable to anybody who lives in the Algarve area. With quirky and sometimes deadpan lyrics, a raw energy and exciting instrumentation, the album stands out with its unique sound and refreshing songs. You can buy the album in all online stores, or stream it on all major streaming platforms. You can also catch Juke Joint Blues performing in a variety of venues across the Algarve. Check their social media to keep up to date!

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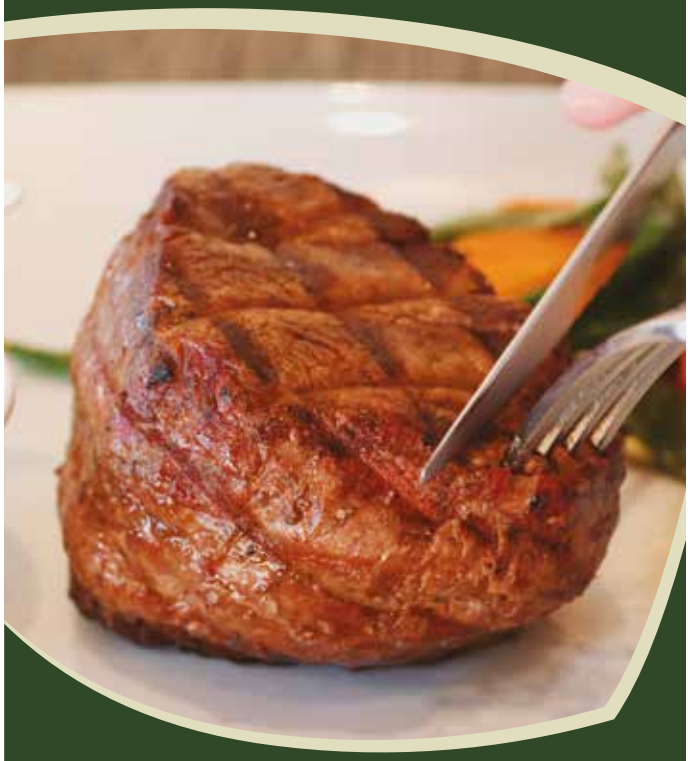
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GAMA RAMA GALLERY

Discovering Faro's blossoming creative hub in the heart of the old town

WORDS Jake Cleaver

Downtown Faro is a bustling place. I mean, the boats float serenely in the *doca* and the resident storks perch peacefully on rooftops and lamp posts – but the city's inhabitants and wandering tourists do, undeniably, keep themselves busy.

A seasoned stork with its bird's eye view of the city would have grown used to seeing people going about their daily business. But it would have also, no doubt, noticed that, until a few years ago, the famous bar streets would only erupt with life at night – giving the odd lost tourists who wander down them little to discover in the daytime.

But what's that over there? Since 2020, signs for what can only be an exciting place have popped up on the street corners, piquing people's curiosity and sending them down the previously less frequented cobbled streets of the Rua do Prior to the Gama Rama Gallery.

This month I was one of them and I can't wait to tell you all about what I discovered ...

Where old meets new

Coming in through green wooden door number 13 there was already a lot to take in. Beautiful old tiles lead the way up the staircase and I later found out they are from the 18th century and some of the very few of their kind left in Portugal.

You see, it turns out this building is the back of the Palácio Bivar, a private palace that is said to be one of the best examples of neoclassical civil architecture in the Algarve. The palace is not open to the public, however the Gama Rama is located in what would have been the staff quarters.

As I made my way inside, I noticed something definitely a lot more recent: a stunning colourful mural by artist Mariana Malhão. Based in both Porto and Coimbra, she visited Faro for a few weeks and added this glorious splash of colour representing her impressions of the Algarve.

Creative connection

At the top of the stairs, I met Toma and later Miguel, the creative married duo behind this artsy back-palace. Toma is the curator and Miguel takes care of logistics.



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Toma is from Lithuania and studied History of Art. She came to Faro nine years ago for a one year internship and liked it so much she never left. Almost immediately upon arrival she met Miguel, a sound design and digital artist. He had also just recently returned to his hometown after nine years in Barcelona and a year in Chile. Like Toma, he wasn't planning on staying, but told me he found Faro a lot nicer than when he left and felt like there was room to add to the budding alternative art scene.

The Algarve is, after all, known more for its beaches than as a creative hub – but Toma and Miguel want to change that.

Over the years, the pair have been involved in creating all kinds of events in Faro. They particularly enjoy making them happen at times and places out of the ordinary – like concerts on rooftops in the daytime (before it was cool) and pop up galleries and exhibitions.

The Gama Rama just grew organically from this, starting life as the Pop Up Gallery Faro.

Let's explore!
There's lots happening here at the Gama Rama Gallery; it's hard to know where to start. The couple explained that if people come for one thing, they will stumble naturally across the others. Indeed, it's almost impossible not to!

Let's say you come for a workshop. Toma and Miguel are constantly encouraging artists to pass on their skills and, although nervous at first, they usually end up really enjoying it. The result: every two weeks Gama Rama hosts a different workshop that can range from ceramics to jewellery-making, nature-based stamps, embroidery and so much more. Their newest event is the Drink & Draw that takes place in the bar down the street.

Once you are at the workshop, you simply won't be able to resist checking out the latest exhibition, as most of the creative endeavours take place on a table right in the middle of the gallery. Every three months, a new artist takes their turn decorating the walls and hallways of this beautiful old building.

If you wander up these inspired hallways, you may also be able to peek into the rooms where you might spot one of their resident artists at work.

Whilst touring with Toma, we crossed over an archway that takes you over the bar street and into a beautiful light-filled room. This is where the staff of the palace used to come and pray, explained Toma. Here we met Sara from Uraeus Estúdio – a lovely and joyful tattoo artist specialising in fine line and pointillism.

The other rooms host artist Tom Leamon, jeweller Ana Gregório, as well as painter and illustrator Joana Rosa Bragança. Maybe you will be lucky enough to catch them on your visit!

Our final stop was the shop. A radiant room brimming with beautiful bright art from all kinds of local and national artists – all art is for sale, making the Gama Rama Gallery a great place to find inspiration and decoration for your and your loved one's homes.

Faro is already famous for its sun, sand and storks, but Toma and Miguel are passionate about putting it on the map for something more. Do go and have a look for yourself (R. do Prior, 13, 8600-301 Faro).



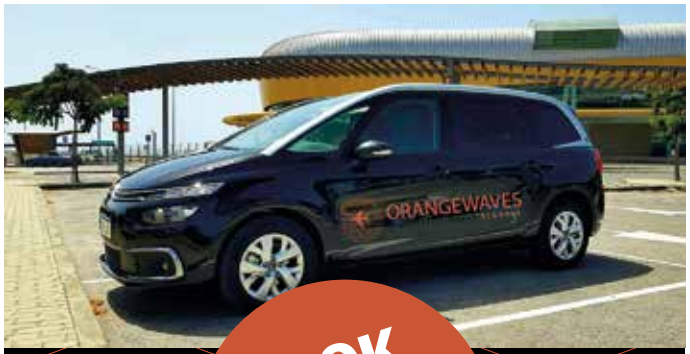


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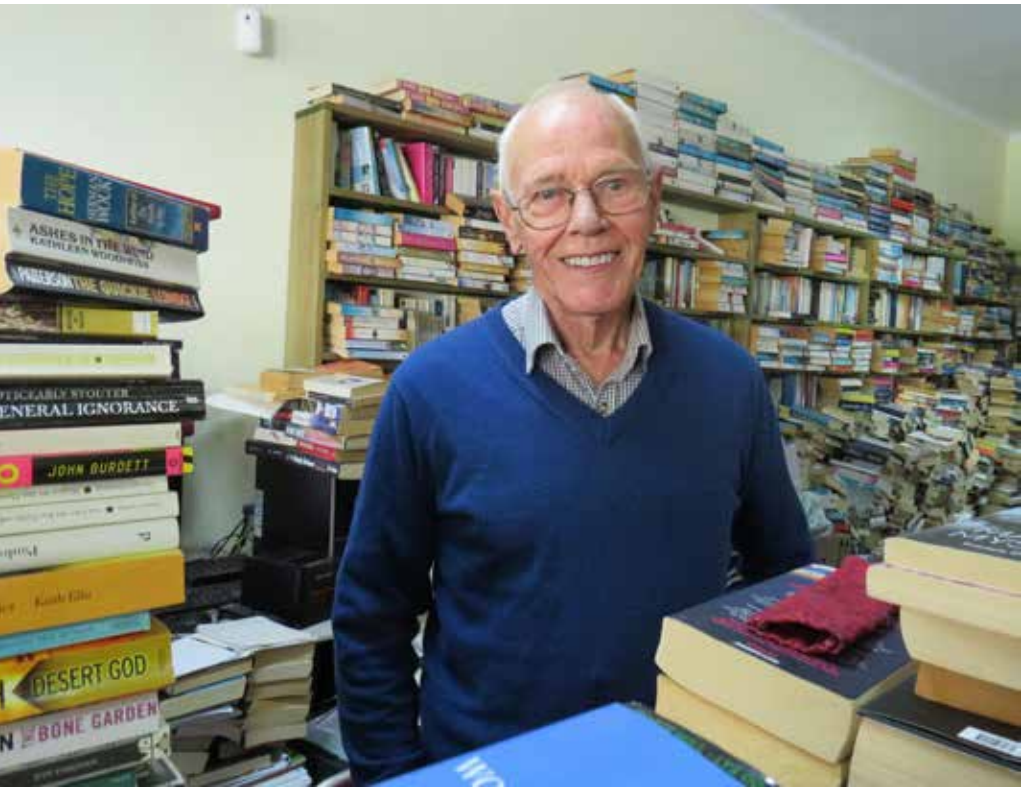
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House Calls



The Book Cellar

The Algarve Book Cellar in Carvoeiro is a bibliophile's paradise, attracting book-loving locals and holidaymakers alike. Tracy Burton talked to its owner Ray Compton about how his lifelong love of reading led to the creation of this remarkable secondhand bookshop.

WORDS Tracy Burton

At a guess, Ray Compton thinks he has around half a million books for sale, although he doesn't count or catalogue the titles that line the shelves, floors and shop counter. Instead, he relies on memory to keep track of the extensive inventory – a remarkable feat considering the eclectic nature of his stock.

This astonishing place is a veritable Aladdin's cave, where you can pick up novels from your favourite authors or browse through non-fiction books on topics ranging from travel, art and history to wildlife and sport. From wall to ceiling, you will spot familiar names like Stephen King, Rosamund Pilcher, Lee Child, Kate Atkinson, Ben Elton, Robert Goddard, Philippa Gregory and Danielle Steel. You will also find children's books and gems from lesser-known authors: I spotted copies of *Another Day in Paradise* by local author Karen Telling.

Astonishingly, other than being an avid reader – he favours American crime writers like Karen Slaughter, Michael Connelly and James Patterson – 81-year-old Londoner Ray had no literary credentials when he set up shop in 2002. His primary goal was to make reading affordable for everyone. "When I started this, you'd be paying €15 for a book here. I read three or four a week.





"I've always loved reading, he added. "It's so important for children to read. It expands their minds. I've learned a lot from books."

Opening the Carvoeiro bookshop was no spur-of-the-moment decision. Ray had been planning his new enterprise for over a year when he and wife Jennifer moved here in December 2001. Alongside the usual furniture and personal effects, the couple shipped 20,000 secondhand books from the UK. This unusual cargo formed the bookshop's initial stock and, alongside Ray's library-style exchange system, made The Algarve Book Cellar an instant success. Within months, customers and stock levels were soaring.

"Holidaymakers were leaving a lot of books in rental properties and the owners/agents were bringing them in every day. It worked very well and the business grew very quickly," Ray explained.

Despite buying the adjacent shop and knocking through, Ray is running out of space. The Scandinavian pine shelving he built is overflowing, while most of the floor space – and the small kitchen – is given over to books. In the aisles, towering stacks of books defy gravity, not high enough to pose a danger but adding to the literary overload.

Ray credits much of his success with his generous credit system, whereby returned and donated books in good condition earn credits. For example, the return on a €5 book might be €2. This hybrid shop/library model attracts hundreds of regular customers. One is Steve Smith, an avid reader from Alcantarilha, who has been coming in for 17 years. "There aren't many places you can get English books," he said. "You can have a browse around here. I probably come here every three to four months, depending on how quickly I'm reading."

English-language titles dominate the shelves, however there are books in German, Dutch, Swedish, Danish, French and Portuguese. DVDs, greetings cards, postcards and jigsaws are also sold.

Will there come a time when Ray simply can't accept more books? "It's difficult. If they are recent titles being offered, I'll take them. If they are older ones, I don't take them unless I need them badly." He donates duplicate books to animal charities, a cause Ray cares deeply about ("I've only got four cats now").

After years of dedication, Ray is now planning to sell up and retire. Interested buyers should contact him on +351 282 354 310 or at raymond.compton@gmail.com

Opening hours: Tuesday to Friday, from 9.30 am to 4 pm.
Shops 1-2 O Galeão building, Rua dos Pescadores, Carvoeiro

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As Mulheres Corajosas

Who Made Portugal Great

Josefa em Óbidos: A Beacon of Female Artistic Expression in the Patriarchal Portuguese Baroque Society.

WORDS Dan Costinas



Photos Josefa de Óbidos, Public domain, via Wikimedia Commons

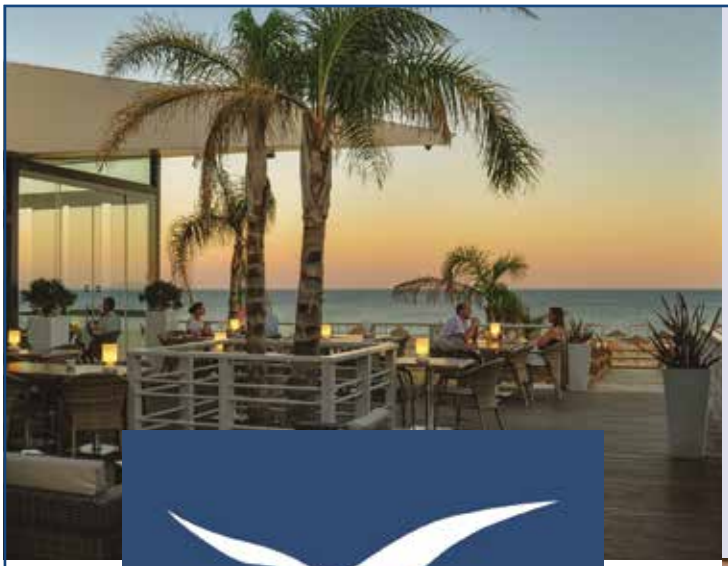
Originally from Seville, Josefa de Ayala Figueira (commonly known as Josefa em Óbidos) found her aesthetic voice and flourished in Portugal during the mid-17th century. A real pioneering figure in a male-dominated world of art, this inspirational lady stands out as a luminous exception: a woman setting an example for future generations of female artists with her talent and determination. Josefa defied the norms of her time and created around 150 works – cementing her place as a leading figure in the Portuguese Baroque period.

Josefa's artistic journey began in Óbidos, Portugal, where her family relocated when she was a young girl. Here, she likely honed her skills under the tutelage of her father, the Portuguese painter Baltazar Gomes Figueira. Unlike most female artists of the time – who were limited to copying, or painting domestic subjects – Josefa tackled an impressive range of themes and formats. Her repertoire encompassed devotional narratives, still lifes, portraits and mythological scenes. Her work displays influences from Spanish and Flemish Baroque styles, evident in the rich colours and dramatic use of light. However, she developed a distinct voice, infusing her paintings with a sense of intimacy and emotional depth, demonstrating the power of talent and perseverance in breaking down barriers. Paintings like Sweets and Flowers (1676) reveal meticulous attention to detail and a keen eye for composition. Just as importantly, Josefa's artistic signature, *Josefa em Óbidos* or *Josefa de Ayalla*, shows her dual identity and the adamant decision to make Portugal her artistic new home.

For a woman in the seventeenth century, the best outcome in life was considered to be a secure marriage while being an obedient housewife. Josefa never achieved that, isolating herself and living a celibate life of piety. We don't even know what Josefa em Óbidos really looked like. Some contemporary art historians assert that the S. Catarina engraving (1646) shows the artist in the guise of Saint Catherine of Alexandria. She died in Óbidos (1684) and was buried in the Church of Saint Peter of Óbidos.

Despite her talent and productivity, whether Josefa received recognition and appreciation during her lifetime remains unclear. However, today she is considered to be one of the most accomplished painters of seventeenth-century Portugal and this is significant because of the recognition she gained during the flourishing Baroquism in a European culture dominated by male artists, and when opportunities for women were scarce.

Most importantly, in addition to inspiring and empowering generations of women artists over the last two centuries, her legacy extends beyond any artistic merit, remaining a source of enlightenment for future generations of women.



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National Treasure

Council Minutes of the Municipality of Loulé (14th and 15th centuries)

WORDS Nelson Vaquinhas and Ana Saraiva

In 1945, Alberto Iria (1909–1992), a historian from Olhão, found a set of books with medieval characteristics in the old National Assembly's Archive Library, where he worked as a librarian. Iria soon realised what the books were and their historical value.

In 1956, when Iria published his research work *O Algarve e os Descobrimentos* (The Algarve and the Discoveries), he "revealed the existence of council minutes dating back to 1384–85, which gave Loulé possession of the oldest council minutes in the country"[1], a record which still stands today. These are not just any council minutes, but a unique historical treasure which provides unparalleled insights into the past. In addition to these, there are also council minutes dated from 1497, albeit with some significant interruptions, among "other gems for mediaevalists (inventories of young couples' assets, income and expenditure books, a book recording the assets inherited by orphans when their parents died, and various tax records)" [2].

In 1983, the minutes were transferred to what would become the Loulé Historical Archive, which allowed them to be better preserved and studied by various historians. Between 23–25 November 1984, on the occasion of the inauguration of the archive, the 1st Conference of Medieval History of the Algarve and Andalusia was held. Here, the historic minutes were publicly recognised as a valuable document and historical gem. "The Municipal Archive of Loulé was already one of the most important in the country for the study of the Middle Ages; with this addition, its interest was reinforced, bringing it into line with the richest Portuguese municipal archives" [3].

These documents have been a cornerstone for many researchers studying the mediaeval period, their historical relevance and documental rarity leading the Loulé City Council in 2018 to propose



to the Directorate-General for Books, Archives and Libraries that a procedure be opened to classify the Council Minutes of the Municipality of Loulé (14th and 15th centuries) as an archival cultural asset of national interest. The council minutes have not only been preserved, but they continue to shape our understanding of the medieval period, making them a vital resource for historical research.

By Decree No. 18/2019 of 16 July, "the 11 books of Council Minutes of the Municipality of Loulé [...], designated as 'national treasure', are classified as archival assets of national interest" .

The municipality of Loulé and the country as a whole are very proud of this accolade, which was celebrated on 12 November 2019 at the Cineteatro Louletano with the presence of researchers who had studied this precious set of mediaeval council minutes.

1. *Sabóia, J. (1993). O Arquivo Histórico Municipal de Loulé: 3 anos de organização, difusão e cooperação arquivística. Al Ulyã, (2), 227*
2. *Loulé City Council (1999/2000). Al-Ulyã, separata (7), 14*
3. *Duarte, L. M. (1995). Documentação medieval e moderna recentemente incorporada no Arquivo Municipal de Loulé. Revista de História, 13, 69-74. https://ler.letras.up.pt/uploads/ficheiros/6356.pdf*



Art Exhibition

Retrospective & Vision

Michael John Webster, a retired scientist who has found his passion in art, is exhibiting his vibrant creations which beautifully encapsulate the essence of Portugal and serve as a testament to his five-decade journey in the visual arts. His studio in Carvoeiro is a treasure trove of acrylic cityscapes and embossed prints, each piece a reflection of his meticulous technique and the inspiration he draws from Portugal's light and colours. The result is a captivating fusion of realism and surrealism that is sure to leave a lasting impression.

A native of England, Michael is not just an artist but also a man of education. He studied chemistry, physics and education at the prestigious universities of Hull and York, and his career in education culminated in his role as director of the Leipzig International School in Germany. After retiring, he and his wife made the life-changing decision to move to Portugal, where they have been living for the past 13 years. Despite the distance from their children, who remain in England, they have found a new home in the vibrant artistic community of Portugal.

Throughout his life, Webster has pursued art as a form of expression, employing diverse techniques such as acrylic, oil, and engraving.

From sketching to painting, his artistic repertoire spans a wide spectrum, encompassing landscapes, townscapes and portraits that capture the essence of his experiences.

Immersed in the vibrant colours and natural beauty of Portugal, his work has evolved, reflecting the influence of his surroundings.

The exhibition will be open throughout June until the 29th at the Centro Cultural de Lagoa - Convento de São José, Sala Manuel Gamboa, Lagoa, Algarve.

Finissage: 29 June, 4 pm
www.artwebster.com
a.webster@t-online.de



Espiche Golf Club turned pink on Monday, 6th May as players and staff helped to raise awareness and funds in the fight against cancer

The event was a major success with 95 ladies participating in the Am Am tournament. The overall prize-winners were Anita Walmsley, Wendy Rejna Kathleen Goodwin and Michele dos Santos with 92 points.

The Espiche Golf Team and Clube de Golf de Espiche would like to thank everyone who contributed in making our Mr Captain 50 Shades of Pink Ladies Charity Golf Day a major success! A special thank you goes to Candace Olsen and the ladies for the spectacular clubhouse decoration on the day. We could not have asked for a better group of golfers, sponsors and volunteers to help bring this event to life.

We are thrilled to announce that our 2024 fundraiser raised 4428,23€ for the Associação Oncológica do Algarve.

A big thank you to all Sponsors, Players, Espiche Golf Friends and Members.

Anders and Maria Jilken, Jim McClure and Wendy Rejna, Geoff Varga and Candace Olsen, Janet Burgess, Daniel Biemann, Roger and Jean Andrews, Chris and Sue Dawson, Steve and Carol Allen, Paul and Carol Morris, Andy and Kathleen Goodwin (Argcom Consulting Ltd), Filipe and Caroline da Silva, Clive and Annie Reeks, Medin-Medicina Individual, Dougie and Penny Dawson (Invicta), Keith and Janet Clissold (Austin Chapel Financial Advisors UK), Andy Watts, Quay Lagos, David Harris and Alison Waite, Postura Favorita, Carvoeiro Golf Shop, Nigel and Anita Walmsley, Carolyn Eastwood, Quinta do Lago Golf, DHM Golf, Dom Pedro Golf, Palmares Ocean Living & Golf, Golfland Alvor, Golfe Santo António, Benamor Golf, Ombria Golf, Vale do Lobo Golf & Beach Resort, Alvor Golf Shop, Espiche Golf Professional João Tomáz, Algarve Candle Co, Ping, Srixon Calvin Klein, Postura Favorita, Ian Munro, Green Lamb, Sophie's Golf Shop, John and Fiona Dransfield, Kevin Robinson (Autogyro), Abacoz Properties and Espiche Campo de Golfe.

Next year's event will be held on Monday, 5th May 2025. For more details contact Pauline Binnie at pbinnie@espichegolf.pt





What's on

For more events and activities check our online calendar:
www.tomorrowalgarve.com/calendar

Carvoeiro Black and White

Carvoeiro Black & White Night has become THE first dont miss event of the season. Everyone is invited to join the summer fun in Carvoeiro. The dress code, of course, is black and white. Free Entry

15 June, 8.30 pm
Carvoeiro city centre
www.facebook.com/carvoeiroblackwhite

Marchas Populares

This very Portuguese festival celebrating the Popular Saints is back in Lagos from 13–15 June. It offers three days of entertainment, with an array of food and drink stalls, dances, and the obligatory parades of local and guest popular marches. Sixteen organisations will be dancing, singing and enchanting the crowds on Avenida dos Descobrimentos, which is this year's venue for the parades, with the entertainment extending to Praça do Infante. Check out the programme and take part in this great popular event.

Between 1–28 June, the Marchas Populares will also be in Portimão, Alvor, Mexilhoeira Grande, Quarteira and Tavira. Go to the municipality's website or Facebook page for more information. We will also post the events on our website.

13–15 June, 7 pm
Lagos
www.facebook.com/camaramunicipaldelagos

Fashion Show

In September, Art Academy and Marina de Lagos, are organising a fashion show, when the marina will be bustling with beautiful outfits, collections and colours accompanied by live music, wine and fantastic sculptures. The organisers are appealing to budding fashion designers who might like to come up with a collection for the event. Please contact the organisers if you want to participate in a collection. An online gallery will be launched on 15 June, where designers can show three of their designs along with a short biography.

21 September
Lagos Marina
kasiawrona@hotmail.com
www.facebook.com/lagosartacademy



Perceves Festival

The Vila do Bispo Perceve Festival will be held earlier this year. Instead of September, it will take place in June, which is the most favourable period for harvesting *perceves*. A chance to savour this local delicacy served up by the local community of fishermen, along with live music.

Tickets for the Festival are now on sale at Ticketline and at the city hall box office.
Daily ticket: €3.50
Three-day pass: €8
Free ticket for children up to 12 years old

7–9 June
Vila do Bispo
ticketline.sapo.pt

Garden Party for 444th Portugal Day Celebration

St. Vincent's Chaplaincy is organising a community garden party at Casa do Jardim in Luz. Come and spend a relaxing afternoon with enjoyable music, food and drinks, a free cake competition, and a special 'Portugal Day' hamper raffle. Invite your family, friends, and neighbours! ALL ARE WELCOME!!

Admission by tickets purchased in advance: €25 per person includes a delicious picnic lunch, first drink from the bar and dessert.

10 June 2 pm – 6 pm
Casa do Jardim (Chaplaincy House)
Rua José de Conceição Conde, 8600-169, Luz
horley.shirleen@gmail.com
www.stvincentsalgarve.org

10th International Faro Blues Festival

This international festival, held every year in the city of Faro, promotes the city's arts and culture. This year it will feature Ian Siegal, considered the most captivating British blues artist.

Through his guitar, Siegal will transport you into the intimacy of Blues and Folk. Nico & the Bluebirds will also perform along with the winner of the European Blues Challenge for 2024, Robbert Duijf, who will headline on 7 June. It's going to be a blast – don't miss it!

7 & 8 June, 9 pm
Teatro Lethes
www.facebook.com/faroblues



Duna Sunsets

Often regarded as the jewel in the crown of Algarvian beach spots, Duna Beach is steadily gaining a following across Portugal and the rest of Europe as the perfect spot to enjoy sunsets.

With world-class bookings, the events bring the finest international DJs to Lagos while also supporting national and local talent. Each sunset has its own particular musical theme; however, the overriding objective is for music lovers to enjoy dancing to good music as the sun goes down on one of the most stunning beaches, around a pool where the finest cocktails and sushi are being served.

Headliners have just been announced: Mr Scruff on 3 July, Ross from Friends on 17 July, Derrick Carter on 31 July, and Arthi on 14 August. These artists are leaders and producers in their own music genres, which include funk, disco, electronic, classic house, dancehall and party bangers.

Guest list entry tickets are free and will be available one week before each show.

6 pm – 10.30 pm
Dunas Beach, Meia Praia, Lagos
www.dunabeachlagos.com

Loose Ends

The next meeting will be at Golfland, followed by dinner at the 'Chicken Shack' — unfortunately, its name belittles its quality! If you want to make new friends for a drink or a night out, get in touch with Tom.

11 June, 5.30 pm
Golfland Alvor
Call Julie + 351 965 139 102 or Tom + 351 919 918 733

Disclaimer: While we believe this information to be correct at the time of printing, local events can be subject to change, so we always advise checking the links given before you arrive at the event.



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POLICE SERVICE (PSP)	282 780 240
NATIONAL GUARD (GNR)	282 770 010
TELECOM NAT. INFO	118
CITY COUNCIL	282 780 900
TOURIST OFFICE	282 763 031
TOWN INFO	282 764 111
TOURIST SUPPORT	808 781 212
TAXI SERVICE	282 460 610
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CANADA (FARO)	289 803 757
SWEDISH (FARO)	213 942 260
IRISH	213 308 200

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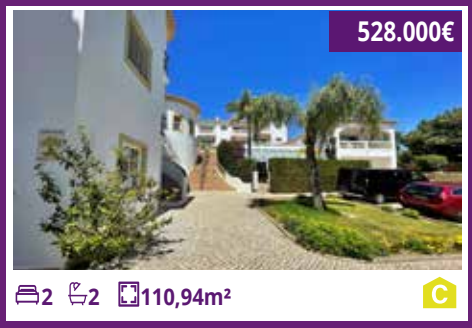
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A WHITE OUT

WORDS Flora Kouta

I have so much fun writing features on bright colours that when someone suggested I do WHITE for the June issue, I was like, 'You what? How *boring*'. But then I thought about how many pieces of furniture I've given a chalky makeover recently, how many mirrors I've white-washed and how much pretty white decor I've seen in shops across the Algarve this season. Don't dismiss white, I said to myself; the truth is you love her just as much as her sassy sisters turquoise and tangerine, so come on, let's go wall-to-wall white!

White spaces not only feel fresh and modern, they create the illusion of more space and less clutter. Hmm, white has its work cut out at my house with a husband who leaves a trail of dirty clothes wherever he goes and teenagers who dump things on every surface. The only time our place looks clutter-free is when there is nobody in it. I long to lounge in a white silk maxi dress on a white linen sofa in a white minimalist home. If only I could live next door in my own serene sanctuary and pop in once a week when I fancy some noise and mess.

Anyway, the white I love the most is not just white; it is *textured* white. I'm talking carved white, rough white stone, white rattan, white shells and white crochet ... I can't get enough of it. Layers of touchy-feely white mixed can transform a white living space from blank and impersonal into sophisticated, ethereal and uplifting.

White-washing furniture is a great way to upcycle on a budget. Our neighbours were chucking out some furniture last weekend so I dragged in one of their old chest of drawers. Everybody made a face. It was a yellowy orange pine that had been varnished really badly and was peeling with age. I thought about painting it but I do like instant gratification so I went to Bricomarché and got a can of spray paint.

The fumes were ridiculous and it took a total of seven cans to ensure an even covering with no blotches but it was worth it. Now it looks fantastic and just as classy as the €700 one I've seen in Maisons du Monde. Well, nearly as classy – luckily, shabby chic is still in fashion.











1. *WHITE CHEST OF DRAWERS WITH SQUARE WHITE PLAQUE ABOVE Flora's own photo - chest painted by Flora, everything else bought at www.casacaravela.pt*
2. *WHITE CARVED UNIT WITH WOODEN TOP bit.ly/3ygMjGP*
3. *WHITE SOFA & CHAIRS WITH WOODEN BASES bit.ly/4dyr0NI*
4. *WHITE CHALKY FINISH PAINT bit.ly/4b8v8G7*
5. *WHITE JACQUARD PRINT WALLPAPER bit.ly/3JTcK87*

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1. *WHITE MANDALA ART IN WHITE BEDROOM www.florakouta.com*
2. *WHITE CARVED WOODEN MANDALA + CLOSE UP From Hiper Algarve, Albufeira*
3. *WHITE DISTRESSED WOOD MIRROR Flora's photo, mirror from a charity shop painted by Flora*
4. *WHITE RATTAN SOFA WITH WHITE PLANT POT Flora's photo, sofa = bit.ly/4bx5v1f*
5. *WHITE LEAF ART ABOVE WHITE CHEST www.florakouta.com*

White mandalas are everywhere this summer and I can't get enough of them. They are a great alternative to art or mirrors when you want to add some texture and interest to a wall. I found this huge wooden one (pictured) at Hiper Algarve near Albufeira last week. It's so gorgeous with its intricate carving and white-wash effect. I spotted it in the window when I was sitting in traffic last week. Thinking on my feet, I told my husband we really should nip in for that saw and weed killer we keep meaning to buy. He got so engrossed by their wide selection of devices to stop seagulls pooing on your terrace that he didn't even notice me buy the beautiful mandala and hide it under the lilo in the boot. Thank goodness, or we would have had the usual argument that starts with him saying, "But what is it *for*, what is the *point* of it? As if there needs to be a purpose when it comes to pretty things. It was an absolute bargain at €84, and would be more than twice the price in any of the Algarve's posher shops.



I bought a big mirror (pictured) from a charity shop last month because I liked the chunky frame. It was made from a cheap-looking MDF so I used a wood stain to try and give it a weathered look. That was a mistake, it looked even worse. I painted a thick coat of chalky white paint over the varnish and then roughly sanded it off ... now it looks like a proper piece of beach house chic!



Outdoor sofas

White sofas are a no-no in our house – although the days of children's sticky hand prints are over, they've been replaced by teenagers' make-up stains on every towel, sheet and cushion. The only place I've dared to go white is outside. I've got two fake rattan outdoor sofas from Ikea (pictured) and they look immaculate because nothing sticks to them. It's not the most natural of fibres, but I've found it's the only material that survives a battering from the Algarve sun, wind and sand. I've tried everything – wooden furniture rots and breaks, painted metal goes rusty, while traditional white formica furniture turns the colour of urine after one winter outside. Fake rattan is the only thing that stands strong.

So don't be afraid of a total 'white out' this summer, and go bold with the whitewash!



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SPORTS ROUND UP

WORDS David Lugg





Surfing

Joana Schenker has finished as runner-up in the third stage of the World Bodyboard Circuit in Chile. Despite finishing fourth in heat one, the Algarve surfer won all remaining heats but was pipped in the final by Brazilian Maíra Viana and finished second. Schenker's fine form has seen her rise to number five in the world rankings.

Basketball

The two Algarve representatives in the men's Liga Portugal have ended their season with a whimper. Four defeats in a row saw Portimonense (Portimão) finish second bottom and suffer relegation to the national second division (Proliga). Immortal (Albufeira) finished their campaign with five consecutive defeats but will be grateful for a series of victories in mid-season as they finished eighth in the final standings. In the women's Liga Portugal, Immortal had a successful season finishing in sixth position. They qualified for the playoffs but lost in the quarter-final to Gdessa Barreiro.



Motorsport

Sebastien Ogier has made history by becoming the first driver to win the Rally of Portugal six times. The eight-time World Rally Champion sealed the win by the narrowest of margins (7.9 seconds) over Estonian challenger Ott Tänak. Veteran driver Armindo Araújo was once again the leading Portuguese driver finishing in 17th position whilst Algarvian legend Ricardo Teodosio finished in 25th place.



The Algarve Derby

The final round of the Portuguese Primeira Liga produced a day of great drama. With Sporting Lisbon having already won the title, all eyes were on the bottom of the league, where Portimonense S.C. (Portimão) needed a win and had to hope all other results went their way. After duly beating Algarve rivals Farense (Faro) 3-1, they faced a three-hour wait to see if rivals Boavista would lose against already-relegated Vizela. However, a last-gasp penalty in the 101st minute saw Boavista equalise and send Portimão into the relegation play-offs.



Algarve Sevens tournament

The annual Algarve Sevens tournament will take place in Vila Real de Santo António from 7–10 June. As well as the men's and women's rugby sevens competitions, there will also be netball, field hockey and golf tournaments. Around 70 teams from all over Europe will be competing with over 2,000 athletes expected to participate. Spectators are welcome to join in the fun and enjoy the nighttime parties on the beach.
www.algarve7s.com

Rugby

Loulé Rugby Club have secured another season in the mens National Division One. The Algarve side enjoyed a fine run of form in the latter part of the campaign to stay comfortably away from the relegation zone. Their next campaign will be the third consecutive season in tier two of Portuguese rugby.

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RISING STAR





Carlota Carochinho

Ever since she was eight, Carlota Carochinho's dream was to become a MotoGP rider. She has already shown her pedigree by becoming the National Speed Champion in 2020 in class 2 auto and winner of the Mini Velocidade Trophy in 2022.

The thirteen-year-old from Faro hopes to have a long, exciting journey ahead of her, but she needs the help of the public to help keep her on the track. A recent racing accident resulted in serious damage to Carlota's motorbike and she needs to purchase a new one if she is to continue racing. Her mother, Diana, has launched a crowdfunding page on GoFundMe in an attempt to raise the €8,000 needed for a new motorcycle. If you would like to help Carlota, or perhaps you would like to be a sponsor, visit her website www.carlotacsc28.com or www.gofundme.com/f/uma-nova-mota-para-a-princesa-da-chuva

If you wish to publicise a sporting event or a rising star contact our sports editor David Lugg: david@tomorrowalgarve.com

Why Yoga Beach Walks?

WORDS Henrica Vanderaa





The beach and ocean are my "go-to" for inspiration or releasing stress. On my solo walks along the beach, I often include a yogic practice and leave the beach feeling rejuvenated, content and more grounded ... the inspiration for starting my yoga beach walks.

At the start of every yoga beach walk, I share the walk's benefits. Below is a brief list from various sources blended with my experience.

Grounding
Walking barefoot along the shore is calming, inspiring and a source of contentment. Why? It is grounding – connecting the body to the earth's natural energy. In my yoga beach walks, we start in Tadasana to notice how the feet are connected to the earth.

Take your yoga practice off the mat
A good yoga mat can make all the difference, but removing the mat altogether has its benefits too. Eliminating the mat, studio floor and walls encourages the use of different muscles for balance and stability, as well as increased proprioception, or body awareness. During my yoga beach walks, I am mindful of what standing poses are best for the sand that day.

What is positive about negative ions?
Being near the ocean or in nature is a natural source of negative ions, or molecules with an extra electron and a negative electrical charge. Examples of the physiological benefits of negative ions are a positive effect on mood and stress levels, enhancing the immune function and improving the quality of sleep. Breathing in the ocean air, as we do in our yoga beach walks, is inhaling the positive effects of negative ions.

What about colour?
Blue or grey blue is a short-wavelength colour known to have a calming effect. I bring awareness to the colour of the ocean and sky during the yoga beach walks to help calm the mind.

Walk backwards to help you walk forward
Walking backwards has a surprising number of benefits: it strengthens lesser-used leg muscles, reduces lower back pain and stress on the knees, and increases coordination and proprioception, which in turn helps with balance and stability. Walking backwards is not easy for everyone, and it can take time to feel comfortable moving in reverse. Giving it a try on the beach reduces the chance of a fall or injury.

Beyond the benefits
An additional benefit of the yoga beach walks is the community or the group synergy which often makes for good conversation over a cup of coffee after the walk. And on my regular monthly walks, funds are raised for Doctors Without Borders.

To find out more ways to practice yoga during a walk go to our blog.

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The bacteria within *friend or foe*

Have you ever experienced that 'gut feeling' when meeting someone for the first time? Or perhaps you've felt 'butterflies' in your stomach when nervous? Do stressful situations make you feel hungry?



You're not imagining things. It turns out that our brain and gut are in constant communication via an extensive network of neurons, chemicals and hormones that can have a direct influence on our mental and physical state. An unhealthy gut biome (dysbiosis) can send signals to the brain, just as a troubled brain can send signals to the gut. Scientists refer to this two-way signalling as the gut-brain axis. It's very real and it's revolutionising our understanding of health and wellbeing.

Our gut is populated by trillions of microscopic organisms. These include over a thousand species of bacteria that play a key role in food digestion, absorption of nutrients and synthesizing vitamins. These microbes also influence metabolism, body weight, immune function, brain functions and even mood. In fact, some bacteria are directly involved in the production of neurotransmitters such as serotonin and dopamine. There are many factors that dictate the type and the number of bacteria found in the gut.

Did you know that your gut microbiome is unique to you, beginning at birth? Thereafter, new microbes are continuously added through our environment. The presence of these microbes are a direct result of genetics, the type of microbes encountered during childbirth, stressful events, illnesses, etc.,

Beyond the gut microbes that we inherit, our lifestyle – particularly our diet – influences what type and number of helpful or harmful bacteria will populate our gut.

So, how do we build a diverse population of good gut bacteria? Research shows that within days of eating a fibre-rich diet, we can begin to change our gut flora. It seems that the good bacteria love leafy greens, whole grains, fresh fruit, legumes and fermented foods.

By contrast, the consumption of highly processed foods, high in sugar and saturated fats can promote the production of unhealthy gut bacteria that have been associated with a host of diseases such as Alzheimer's, cardiovascular disease and diabetes, just to name a few.

There is still much to learn about the gut-brain axis, but scientists are hopeful that understanding the complex ecosystem that lives within us may hold the key to tackling everything from obesity to depression.

Sherry Fader is a certified Nutrition Educator, NE, Bauman College, Penngrove, California.

Functional Nutrition

For Long-Term Health

WORDS Nirali Shah-Jackson



Functional nutrition takes a unique approach, shifting the focus from medication to food as a means to combat chronic illnesses. This approach aims to naturally restore the body's health, offering an alternative to traditional medical practices.

Utilising the right food for specific diseases can result in long-term and sustained health improvements for individuals who have been suffering from illnesses for a while.

Functional nutrition considers a person's whole health story, including emotional stressors, and why this might be affecting the way food is digested and assimilated.

Most functional food models are designed on plant-based diets, mainly, I believe, because the model was developed in the US, where there is a tendency towards eating a high amount of meat and processed food. Here in Europe, there seems to be a more balanced outlook on diet, and, therefore, the emphasis on plant-based diets is not, in my opinion, necessary – unless there is a specific condition calling for this.

Sometimes, animal-based proteins are the only way to get someone to a place where they experience well-being and a noticeable difference in their health. At the end of the day, with nutrition, one size does not fit all – it depends on each individual situation.

One of the key benefits of functional nutrition is its personalised approach. By seeking the guidance of a seasoned functional nutrition practitioner, you can rest assured that your unique bio-individual needs will be taken into account, leading to a more stable symptom management and a long-term nutritional plan.

It is important to seek the advice of a qualified and, hopefully, 'functional' medical doctor to understand your full health picture. Once you have done this and would like to explore your health further through an HTMA, please contact me @mineralmojo.

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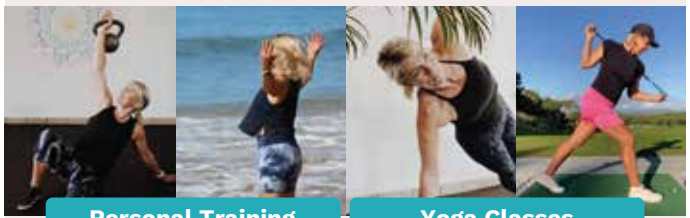


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Living in the Algarve

For the third year running, the *Living in the Algarve* seminar will once again be held at Hotel Vila Galé Lagos on Tuesday, 11 June.

Organised by Open Media, publishers of the *Portugal Resident* newspaper, the Living in the Algarve events are held at various locations along the Algarve coast throughout the year. The events are free of charge to attend and offer guests the chance to gain first-hand information from expert speakers on matters such as residency, taxation, healthcare, insurance and retirement living.

AFPOP, Portugal's association of foreign residents, will be present along with the following companies: The Sovereign Group, Blevins Franks, LifePlan Resorts, Global International Relocations, Luzdoc, Medal Insurance, B&P Property, Reserva da Luz and Currencies 4 You.

The seminar has identical morning and afternoon sessions. During which, guests enjoy a complimentary coffee break and a wine tasting courtesy of Algarve producer Quinta dos Vales.

To book your seat free of charge, visit livinginthealgarve.pt

Business Networking Event



Marlo Outdoor Furniture store in Lagos will host its second Meet the Artist event, this time showcasing Lagos local Alli Cycon. Well-known locally for being the creative lead at some of the city's most iconic and loved hospitality venues, Alli is noted for her interior design. As a designer she has been the key element in the conceptualisations of the interior design of F&B locations, including hotels and bars as well as restaurants. She has frequently built, sourced, painted, crafted and created the majority of the elements that brought these venues alive. But Alli is also an artist in her own right.

Fuelled with a desire to make artwork accessible, Alli focuses on abstract forms and textures, taking inspiration from coastal living. She is normally more comfortable behind the scenes, so this will be the first time she has exhibited her private works.

Joining her at the event is Elizabeth Honey, a local interior designer who has designed residential and commercial spaces across the Algarve. Elizabeth will be sharing her approach to designing the Algarve's interior and exterior spaces, and will be looking at the various styles and materials available which can influence and inspire this process. This will be an informal presentation with plenty of opportunity for discussion and Q&As.

The event will be held from 5–8 pm on 14 June. Open to all. Refreshments will be served. The artworks will be on display and available for purchase until August.

Rua Fernão Vilarinho Lote 17 Bloco D Loja 4 8600-315, Lagos



Portuguese Soul

WORDS Tania Soares

Mar d'Estórias acts as a portal to Portugal's vibrant narratives and authentic flavours. It is a space that has become a gateway to the Portuguese soul, lying in the heart of Lagos. As it celebrates its 8th anniversary on 16 June, the enterprise continues to uncover the secrets and wonders of Portuguese culture, history and traditions, inviting all who visit to embark on a journey of discovery.

A building with centuries of transformations

Mar d'Estórias is a haven of fascinating tales, where every corner unveils a secret from the past. In 1934, when this building was still the headquarters of the volunteer firefighters of Lagos, the city witnessed the installation of the first telephone booth, where today stands a glass niche on the building's facade.

The mezzanine, now displaying books, toys, and music, once accommodated the only resident firefighter. It has been transformed from a resting space into a cultural area.

In the current bistro, the hoses and other objects used by brave men who decided in 1932 to create the Volunteer Firefighters of Lagos headquarters have been kept. To access this room, the firefighters would have climbed through a trapdoor.

Mar d'Estórias is part of Lagos cultural scene

At Mar d'Estórias, the walls come to life through the artistic expression that fills them. From the impressive mural by Polish artist Bezt, composed during the urban art festival in Lagos in 2013 to depict the harmony between people and nature, to the most recent piece by the artist Add Fuel, the venue has evolved into the cultural and emotional representation of diversity that characterises the Portuguese spirit. Meanwhile, Add Fuel's mural *Saudade* captures the prevailing sentiment during the 2020 pandemic. Mar d'Estórias, with its iconic building, also aligns with Lagos cultural scene in partnership with Associação LAC.

Our space is always open, versatile and inspiring – a place where Portuguese products are showcased as living proof of Portugal's rich cultural and historical heritage.

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THAT ASIAN HOME COOK



Prawn vs Shrimp

- Prawns tend to be bigger than shrimp.
- Shrimp comes in a wider variety of sizes.
- Prawns usually have legs that are longer than shrimps.
- Shrimps have one pair of legs, while prawns have three pairs.
- Prawns have a harder shell, making them a little bit stiffer compared to shrimps, which have a more flexible and bendy body.



Wine Pairing

This beautiful Alvarinho & Sauvignon Blanc blend from Quintas de Melgaço with passion fruit, blood orange and melon notes works perfectly with a spicy seafood dish for me. Pure and juicy, with a perfectly balanced acidity to cut the spice and elevate your dining experience.

Chilli & Asparagus Prawn

For a long time, I struggled to distinguish between prawns and shrimp. Am I the only one? Anyway, I finally sat down to Google the two, and I now know many interesting differences, some of which I have highlighted in the sidebar for you.

While they are, in fact, different animals, both taste pretty similar and are equally delicious to cook with. Because they are essentially identical, you could use prawn or shrimp in this recipe – whichever is more accessible for you here. Both are readily available in Portugal. I do enjoy cooking with this particular crustacean. There are so many yummy Asian recipes that incorporate shrimp and prawns. Here is one recipe that might tickle your senses – a spicy, chilli and asparagus version. While I like my portion really spicy, feel free to adapt by omitting the additional piri piri. I also often find the larger long chillies here much less spicy than the small piri piri, so do what you must to suit your individual tolerance of spice.

Ingredients

- 2 cups prawn
- 1 cup asparagus sliced into one-inch columns
- 1 big red onion sliced finely
- 1 tbsp vegetable oil
- 1 tbsp oyster sauce
- 1 tsp fish sauce
- 1 tsp chilli sauce
- 1 tsp ground fresh garlic
- 1 tsp ground fresh onion
- 1 tsp ground fresh chilli
- 1 tsp piri piri flakes (for extra spice)
- 1 pinch of sugar

Instructions

Clean and de-vein your prawn and set aside.

Grind the garlic, onion and chilli. I simply peel and put them into a blender and blitz to a smooth paste – easy!

Heat your wok or pan with a neutral oil and toss in your sliced onions. Once they are softened and have become translucent, add your ground garlic, onion and chilli into the wok.

If you like your prawn dish to be super spicy (like me), then your piri piri flakes can also go in at this point. Now stir the wok for the next 4–5 minutes. You will notice that when everything starts to caramelise, the oil will rise to the top. This is when your prawns and asparagus can go into the wok at the same time.

Stir for two minutes and then add in your oyster sauce, fish sauce, chilli sauce and sugar. If you don't want your dish to be too spicy, you can substitute chilli sauce here with tomato sauce. Give it another 3–4 minutes, stirring constantly to bring the flavours together. Your dish is done as soon as your prawns have turned pink and your asparagus has softened slightly but is still left crunchy!

Serve with fragrant steamed rice. If you like, add some fresh coriander and scallions (spring onion) to garnish.

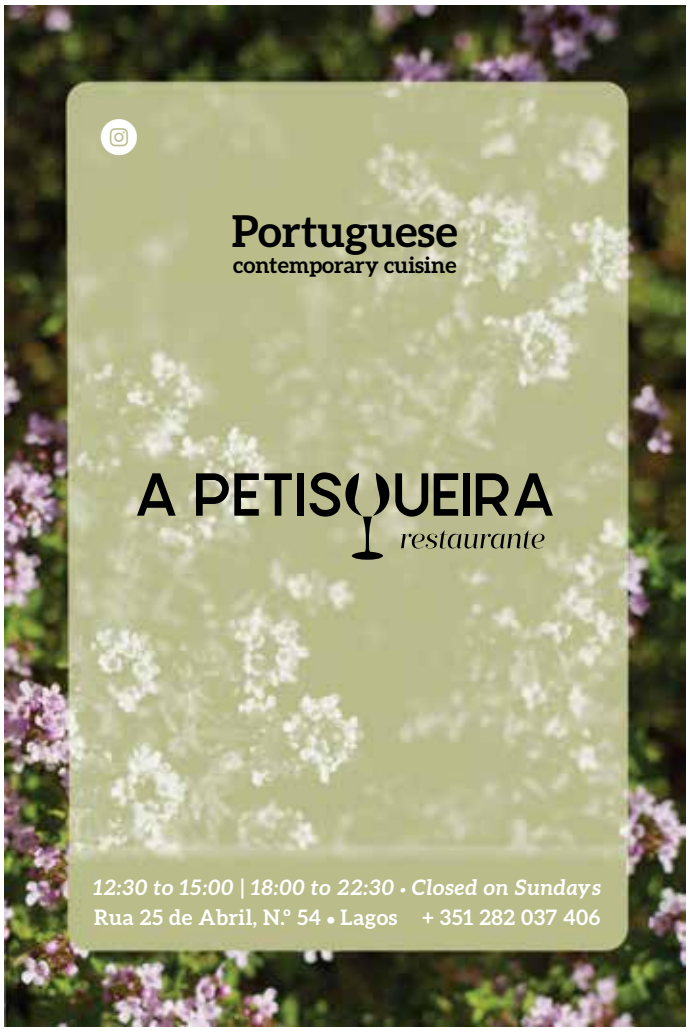
*This recipe serves two





Joy Entry is a Malaysian home cook based in Lagos who is obsessed with the provocative, unapologetic flavours of South-East Asian cuisine

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Restaurant Critic

In our new series, blogger Peter Cruiming gives *Tomorrow* magazine a restaurant of the month to tantalise your taste buds and help you find new eateries in the western Algarve.



Ca La Mora Italian restaurant: a slice of Italy in Barão de São João

Ca La Mora Italian Restaurant is located in the charming old village of Barão de São João, just 10 minutes above Luz and 15 minutes from Lagos. While the restaurant's exterior may not exude charm, stepping inside reveals a warm and inviting atmosphere.

Hospitality and ambiance
The staff at Ca La Mora are known for their hospitality and warmth. The restaurant's combination of good food, cosy atmosphere and regular live music makes a visit unforgettable.

Cosy interior with live music
The interior is tastefully decorated, featuring a friendly bar and even a small stage for regular live music performances. For those who prefer some fresh air, there is also a terrace on the first floor.

Culinary delights
The food at Ca La Mora is simply divine. Everything is mouth-wateringly delicious, from the cheese and meat platter to the pasta, pizza, salad and escalopes. Accompany your meal with a delightful wine like the Taboadella Villae 2021 for €29.50.

Regular menu and a vegan menu
With two menus on offer, Ca La Mora caters to everyone's tastes. In addition to the regular menu, there is a special menu featuring vegan dishes. Both menus boast delicious Italian fare, with pizzas and pasta priced at just €12.

Moreover, gluten-free options are available, allowing everyone, including those with gluten allergies, to indulge.

Opening hours:
12–2 pm, 6.30–10 pm
(Monday closed)

Reservations:
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Parking tip:
The streets may be narrow, but there's a free parking lot at the entrance of the village.

Peter Cruiming is a Dutch entrepreneur and food blogger who lives in the Algarve.

Different from all other platforms, HotspotsAlgarve.com visits all restaurants, towns, beaches, hotels and B&Bs themselves, making them the local specialists who select the best places for you to visit. On Hotspots Algarve, you'll find the 250 BEST-rated spots of the Algarve, including restaurants, hotels and cities.

Read the review online:
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Lita's Vegan Kitchen

Cuban Style Vegan Tacos



I love exploring different cultures' unique flavours, blending seasonal veggies with exotic fruits, exciting sauces and colourful toppings. This June, I am thrilled to share my latest creation, a recipe that brings together the vibrant tastes of Cuba in a surprising way. Stay tuned for a culinary adventure. My vegan Cuban tacos with black beans are a delightful fusion of flavours, perfect for a quick, refreshing meal on warm days.

Benefits
Black beans are a stellar source of plant protein, antioxidants and fibre, and can help your body process calories more effectively.

Preparation:
Soak the black beans in water for 24 hours, then drain and wash them (or use canned black beans). Cut the onion and the garlic. Mash the avocado with a fork, add three cherry tomatoes, lemon juice, salt, and pepper. Cut the mango into small cubes. Cut the plantain into slices, fry and set aside.

Cooking:
Put the oil in a pot and add the onion, garlic oregano and cumin. Stir fry for about ten minutes. Add the dry black beans and cover with water. Let them cook for at least one hour.

If you use canned black beans, fry the onion and garlic, add the spices, add three tablespoons of water, and cook for only 10 minutes. Add salt and pepper at the end. Warm the tacos in the oven for ten minutes and fill them with all ingredients.

Top Tip
Canned black beans are a good option for those who don't have the time to cook dried black beans from scratch. You can find the black beans (*feijões preto*) at Intermarché and Continente.

Ingredients for four people

- 250g dry black beans or one can
- ½ plantain
- ½½ tsp oregano
- 1 avocado
- 1 mango
- 1 onion
- 1 tsp cumin powder
- Salt, pepper
- 3 cherry tomatoes
- 2 garlic cloves
- 2 tbsp olive oil
- lemon juice



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New Sagres Exhibition Centre

The Algarve region aims to increase the number of visitors to museums.

WORDS Sophie Sadler

The Sagres Promontory Exhibition Centre, located in the Sagres fortress, is a symbol of the Discoveries. Opened this year, it is a project financed with European funds.

The Sagres fortress was recognised in 2015 as a European Heritage Site. This national monument, which in 2022 received more than 400,000 visitors, making it the most visited monument south of the River Tagus, is a vital reminder not only of maritime expansion but also of European culture and commerce. It gave European civilisation the global vision that was to define the modern world.

The new multimedia exhibition centre received a total investment of €3,156,427, co-financed to the tune of €1,047,642 by the European Regional Development Fund (ERDF), through the CRESC ALGARVE 2020 operational programme and Public Investments of Tourist Interest for the Algarve (PIPITAL), following an application submitted by the Algarve Regional Directorate for Culture.

The funds covered the refurbishment of the building and the exhibition, which it is hoped will enhance the understanding and relevance of this monument in terms of its history, geography and connection to the region's heritage by those who visit it. The aim of the Algarve Regional Coordination and Development Commission is to help increase the average number of museum visits per year from 586,334 visitors to 644,957 per year.

promontoriodesagres.pt



Journey to the End of the Earth

A visit to the new exhibition centre at Sagres fort is a fascinating introduction to the history of Portuguese navigation and exploration.

WORDS Susan Hollow

As a great colonial power with the advantage of being the furthest southwest point in Europe – Cape St Vincent was once believed to be the end of the earth – Portugal was well-placed to embark upon voyages of discovery. These voyages to Africa and South America brought back gold and treasures as well as new foods, plants and, unfortunately, slaves.

The fort was originally built in the 15th century by Henry the Navigator, aka Infant D. Henrique and it was from here that he planned his expeditions. Henry is credited with inspiring navigators to travel to unknown lands, navigating by the stars, knowledge he gleaned from the Arab sailors.

The fort was badly damaged by the major earthquake of 1755 and the following tsunami. The sea retreated 2.5 km before towering back to land, destroying anything in its path. The fort survived being atop a high cliff but we learned that fish were tossed over its walls. It was rebuilt at the end of the 18th century and again in the 20th century.

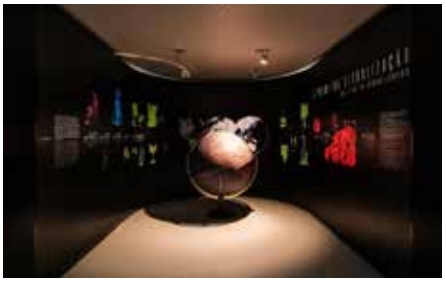
As nothing remains apart from the small chapel of Nossa Senhora da Graça (which is locked), the first impression upon entering the fort through its massive walls is rather disappointing. However, we climbed the ramparts, which gave fantastic views of the coastline, before embarking on the circular walk around the promontory, where we could see intrepid fishermen standing on the edge of the cliff casting long lines down to the sea far below. Visitors are advised not to venture near the edge due to unstable cliffs, fishermen are killed each year, so be warned!

The walk is around a limestone rock pavement that has eroded due to the chemical reaction with rainwater. The result is some amazing sinkholes where you can hear the waves breaking far below. Along the route are storyboards with information about the flora and fauna and the migratory birds you may be lucky enough to spot.

The exhibition itself is brilliantly staged, with presentations in Portuguese and English, and we learnt a lot about the region's history and culture. We thought the entry fee of €3 or €1.50 for seniors was a real bargain, but we would have liked a coffee shop to recover after such a fascinating experience.

So if you enjoy history, dramatic scenery and walking do go and visit this unique part of Portugal's heritage.







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Turtles, Tortoises and Terrapins explained!

WORDS Luis de Teves Costa

The natural world shows an incredible range of life forms of all different sizes and appearances, adaptations and behaviours. Yet, among this remarkable diversity, some animals still cause identification issues because of their similarities. This article will explain the differences between the different types of turtles around the world and discuss which ones you can find in the Algarve and throughout Portugal.

Turtle is a term used to describe a group of animals, reptiles of the order Testudines. This order includes sea turtles, freshwater turtles and tortoises. In common, they all share the unique characteristic of having their bodies enclosed in a bony or cartilaginous carapace.

Sea turtles
Sea turtles spend most of their lives in open seas. They have roamed our oceans for 100 million years and are perfectly adapted for aquatic life. Their limbs are not legs but fins that they use to swim. They can hold their breath for long periods of time and feed on a variety of prey, such as fish, jellyfish, seagrass and algae. Their main threats come from predators, such as sharks and orcas, illegal fishing, bycatch, pollution and beach strandings.

Among the seven species of marine turtle is the colossal leatherback turtle (*Dermochelys coriacea*), so-named for its soft rubbery shell. Leatherbacks can grow over two metres in length and weigh a whopping 900 kilograms. These formidable creatures can dive a mile deep and hold their breath for 85 minutes. Their annual migration takes them tens of thousands of miles around the oceans and, for females, ultimately back to the beach where they were born, where they lay impressive 100-egg clutches to secure the next generations.

Although sea turtles do not nest in Portugal, sightings of loggerheads, leatherbacks and green turtles are frequent along the Portuguese coast. The longest-living of the sea turtles are the green turtles which can live more than 80 years.

Tortoises
Land turtles, or tortoises, are terrestrial animals. They cannot swim and will only stand by the edge of the water to drink or cool down. If in deep water, they risk drowning as they cannot hold their breath underwater. Tortoises are slow-moving creatures that walk on four legs and are mainly vegetarian, feeding on a variety of plants and fruits. Among the 50 species of tortoises are the impressive giant Galapagos tortoises, famous for the study Charles Darwin published after his voyage aboard the HMS Beagle in 1831. Worldwide, there are around fifty different species of tortoises, including five that live in the Mediterranean region, but no land turtles live in Portugal, so you are only likely to see them if they are kept as pets.

Freshwater turtles
Terrapins, or freshwater turtles, are the spanner in the works, they are neither sea turtles or land turtles. These are a group of smaller turtles that live in fresh or brackish water systems and show distinct behavior and adaptations, such as having legs with partial webbed feet. They are also referred to as pond turtles or pond sliders. In Portugal, there are two endemic species: the Mediterranean pond turtle (*Mauremys leprosa*) and the European pond turtle (*Emys orbicularis*).

Similar in size, distribution and behaviour, the European pond turtle can grow to 18 cm in length and has a distinctive dark shell with yellow markings. Their Mediterranean cousin is bigger and more common in Portugal. It can grow to 25 cm in length and has a more discrete brownish-green appearance.

Both species feed on pond vegetation, invertebrates, insects, larvae and the occasional unaware fish. During cold winters, they can decide to hibernate. This is a strategy used by many animals to endure tougher winter times. Being cold-blooded animals, they rely on the sun to warm up and activate their metabolism. As such, it is no surprise that in the north of Portugal, this behavior is more frequent than in the south. The balmy temperatures of southern Portugal and the availability of sunshine mean that our resident terrapins in the Algarve do not often need to hibernate. When they do, the hibernation only lasts for a couple of months. These animals live around 30–40 years in the wild.

The main threats to our resident terrapins are illegal catching, predation from wild and domestic animals, and competition from exotic pond turtles. American-native species of terrapins were once a common pet in Portugal. Due to their longevity, many were released into natural waterways, where they found ideal conditions to thrive. Bigger, and with faster breeding cycles, they can quickly overcome the native species wherever they are introduced.

Native or exotic species, they all seem to enjoy basking in the sun, perched on rocks or tree branches over the water.

This ancient and adaptive species proves the moral of the children's fable, The Tortoise and the Hare. Slow and steady wins the race!



Sea turtles



Freshwater turtles/terrapin



Tortoises

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Welcome Home!



When any dog or puppy is adopted and brought home, it is important to consider that it will need at least three days to adapt to its new, strange environment. Here's how you can help welcome your new furry friend to your home.

WORDS Anne Hodges

We humans often have an aversion to cages. At Cadela Carlota we prefer to call them 'crates'. To a dog or cat, it is considered as 'my personal space'. It will make them feel safe to have this personal space – where they can sleep peacefully without being disturbed (especially if there are children in the house). If using a crate, the door can be left open and you will find that the dog will willingly enter the crate, simply because it makes him feel safe. A crate also gives you the option of closing the door. Ideal if you are leaving the dog for a short while.

It is important to remember that you should always be in control of your dog, whatever situation should arise. A crate and the use of a lead will help you to achieve this. But there is no substitute for simple observation.

Once your dog is ready for outdoor walks, it's crucial to spend quality time together. Observe your dog's reactions to different situations, as this will help you understand and address any anxiety triggers. Remember, your dog's confidence is key, and your attentive observation can make a significant difference in his comfort and happiness.

During your walks, it's important to prioritise your bonding time with your dog. Keep your mobile phone away and allow your dog to interact with other people or dogs at least every five minutes. Incorporate activities that engage both of you, such as playing with a stick, ball or frisbee, swimming, or even football. These activities not only stimulate your dog but also strengthen your bond.

A lifetime of fun and joy lies before you. I have owned and co-owned eight terriers in my life. My husband and I laugh about the exploits of one or another of them most days when we are out walking with our current two terriers. Such unforgettable and happy memories are made of this.

Anne Hodges is a volunteer for Cadela Carlota.

For more information on any of the above or to find out about re-homing a dog or cat, please contact them www.cadela-carlota.com - or, if you prefer, you can contact Anne directly at annehodges77@gmail.com. She will be more than happy to help.

Pet's Mate

WORDS Lars Ramquist

Summer's back ... back again. Summer's back ... tell a friend. Did you get the Slim Shady reference there? That's right, I'm 'Chopped Liver'.

Though, be that as it may, this is a veterinary article, not a hip-hop down memory lane. With the end of spring in our rearview mirror (music ref intended), nature is doing the 'Wild Thing' – in your socks. If you were a Snoop Dog who could read, then I might write that nature was 'Hitchin A Ride' in your nose.

These obsequies rhymes are in reference to seeds. Our grassy friend's version of 'Let's Make Love Tonight'. Right now, you could probably glance above your edition of *Tomorrow* magazine and spot some rouge grass getting ready to 'Sowing The Seeds Of Love'. In fact, I got 5 on It, you will be able to spot some weeds growing through the *calçadas*, even if you are in the middle of town ('Where The Streets Have No Name').

If all the music references have thrown you off the article, let me 'Bring It Back' – this is the season of grass seeds (not Nick Cave and the Bad Seeds). Nature wants these seeds to move on to find a new home to grow. To do this, they evolved sticky, spikey, thorny adaptations to get 'A Free Ride' on your socks or in your dog's nose, toes, ears, etc.

If your dog (or cat or horse) suddenly starts sneezing, shaking their head, licking one foot or coughing madly, there's a very good chance he or she has picked up a grass seed. It's the season for it! If you're suspicious of this, then bring them down to your friendly vet for the grass seed to be removed. So far, we have found grass seeds in ears, noses, eyes, feet, under the skin, in the bum and in the lungs (using our fibre-optic endoscopes).

Ensure your pet doesn't suffer from the discomfort caused by grass seeds. Take necessary precautions and seek veterinary care if needed.

I won't Ramble On' anymore. Enjoy the 'Summertime' as it 'Rolls On' this way. Enjoy pulling the burs from your socks, too.

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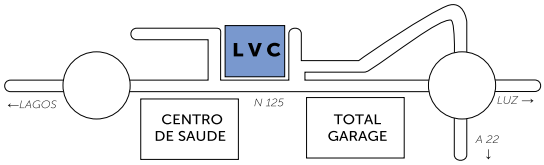


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